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# HYPNOSIS

DR. JOSÉ LUIS CABOULI  
THE SURGEON OF THE SOUL

PAST LIFE THERAPY  
UNCOVERING THE WOUNDS  
OF THE SOUL

STORIES  
BEYOND THE  
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SOUL TOUR



# DR. JOSÉ LUIS CABOULI

## The remarkable journey from surgeon to healer of the soul

Dr. José Luis Cabouli began his career in the operating room, dedicating years to the precise and demanding practice of surgery. Yet, as he advanced in his medical profession, he realized that not all wounds could be stitched or repaired with a scalpel. Patients often carried invisible scars — pains, phobias, or emotional patterns that seemed to have no clear origin in their present lives. This realization planted the seed of a transformation that would redefine his path.



### FROM MEDICINE TO THE SOUL

In the 1990s, Dr. Cabouli made a life-changing decision: he left traditional surgery to devote himself to the exploration of the human soul. Inspired by pioneers of past life therapy and guided by his own patients' experiences, he began investigating the possibility that unresolved memories from other lifetimes might surface as present-day symptoms. His work suggested that these hidden imprints could manifest as anxiety, chronic pain, or recurring life struggles — and that bringing them to light could be profoundly healing.

### PAST LIFE THERAPY IN PRACTICE

Past life therapy, as Dr. Cabouli practices it, is a transpersonal therapeutic approach. Through carefully guided sessions, patients revisit unconscious memories that emerge spontaneously, often describing events, emotions, or traumas from another time and place. The goal is not to “prove” reincarnation but to provide a therapeutic framework where unresolved experiences can be expressed, processed, and released.

Cabouli emphasizes that the therapy is not about curiosity or storytelling but about transformation. By uncovering these “wounds of the soul,” individuals often find resolution to persistent emotional or physical issues that conventional approaches may struggle to address.



## THE LEGACY OF A SOUL SURGEON

Today, Dr. José Luis Cabouli is often called “el cirujano del alma” — the surgeon of the soul. His journey embodies a bridge between science and spirituality, reminding us that healing is not only about repairing tissue but also about mending the invisible layers of human existence. For him, the family, relationships, and even suffering itself can be schools of the spirit — opportunities for growth and evolution.

What sets Dr. Cabouli apart is his dual identity as a physician and a transpersonal therapist. He approaches the subject with the discipline of a doctor and the openness of a seeker. His books, workshops, and conferences have spread his methods across Latin America and Europe, inspiring both professionals and laypeople to reconsider the relationship between body, mind, and soul.

*“When a soul becomes trapped in an unresolved experience, it carries that wound across time. Past Life Therapy allows us to revisit the moment of entrapment, to complete what was left unfinished, and to free the soul so it can continue its journey in peace.”*

BRIDGING SCIENCE  
AND SPIRIT

# PAST LIFE THERAPY

## Uncovering the Wounds of the Soul

In the realm of healing therapies, Past Life Therapy, pioneered by Dr. José Luis Cabouli, offers a profound approach to understanding and resolving the hidden causes of emotional, physical, and psychological distress. Unlike conventional treatments, this method looks beyond the boundaries of a single lifetime, delving into the vast continuum of existence where unresolved experiences may linger.



### WHAT IS PAST LIFE THERAPY?

Past Life Therapy is a psychotherapeutic technique that helps individuals access memories from past incarnations, forgotten experiences from childhood, or even moments within the womb. The central idea is that unresolved events—traumas, suppressed emotions, or unexpressed actions—remain imprinted in the soul's memory. These unhealed experiences often manifest as recurring symptoms in our current life: phobias, anxiety, chronic pain, or unexplained emotional patterns.

Dr. Cabouli developed this approach as a bridge between psychology and spirituality, recognizing that many of our deepest wounds originate in experiences beyond the conscious reach of our present lifetime.

*“Through Past Life Therapy we uncover the hidden roots of suffering, releasing the soul from experiences that time alone could not heal.”*

## THE CONCEPT OF SOUL ENTRAPMENT

At the heart of Past Life Therapy lies the concept of soul entrapment. Entrapment occurs when an individual is unable to fully experience an event at the physical, emotional, or mental level. When something vital remains unsaid, undone, or unexpressed, the soul becomes “trapped” in that moment.

This entrapment may have occurred:

- In the present life, such as during childhood or in recent years.
- In the prenatal stage, while still in the womb.
- In past incarnations, where unresolved traumas can carry forward.
- Even after death in previous lives, if the soul could not release the experience before transitioning.

These trapped energies generate symptoms that can persist for decades—or lifetimes—until they are brought into awareness and consciously healed.

### HEALING THROUGH AWARENESS

Past Life Therapy guides individuals back into the precise moment of entrapment, allowing them to relive, release, and resolve what was left unfinished. This process is not about intellectual understanding but about experiencing and releasing the emotional charge that holds the soul captive.

For example, a phobia of drowning might trace back to a past-life experience of dying at sea, where panic and fear remained unresolved. By re-experiencing and expressing what was suppressed, the soul is freed from the entrapment, and the present-life symptom often dissolves.

### A Path Toward Wholeness

Dr. Cabouli emphasizes that Past Life Therapy is not merely a curiosity about who we were before—it is a powerful tool for healing the soul's deepest wounds. By uncovering these hidden experiences, individuals gain the opportunity to release suffering, reclaim energy, and restore inner balance.

In a world where many search for meaning beyond the visible, Past Life Therapy offers a unique lens through which healing can extend across the boundaries of time, revealing that the path to wholeness is not only about this life—but the journey of the soul itself.



# THE WOUNDED FEMININE

## Healing the Creative Force Within

Within every human being reside two complementary forces: masculine energy and feminine energy. This is not a matter of gender division but of a universal balance that constitutes us as spiritual beings. Feminine energy, intimately connected to the female body, is the spark of creation—the one that links us to the divine and allows us to manifest new realities. Masculine energy, on the other hand, is the force of execution: it takes what has been created and materializes it into concrete action.

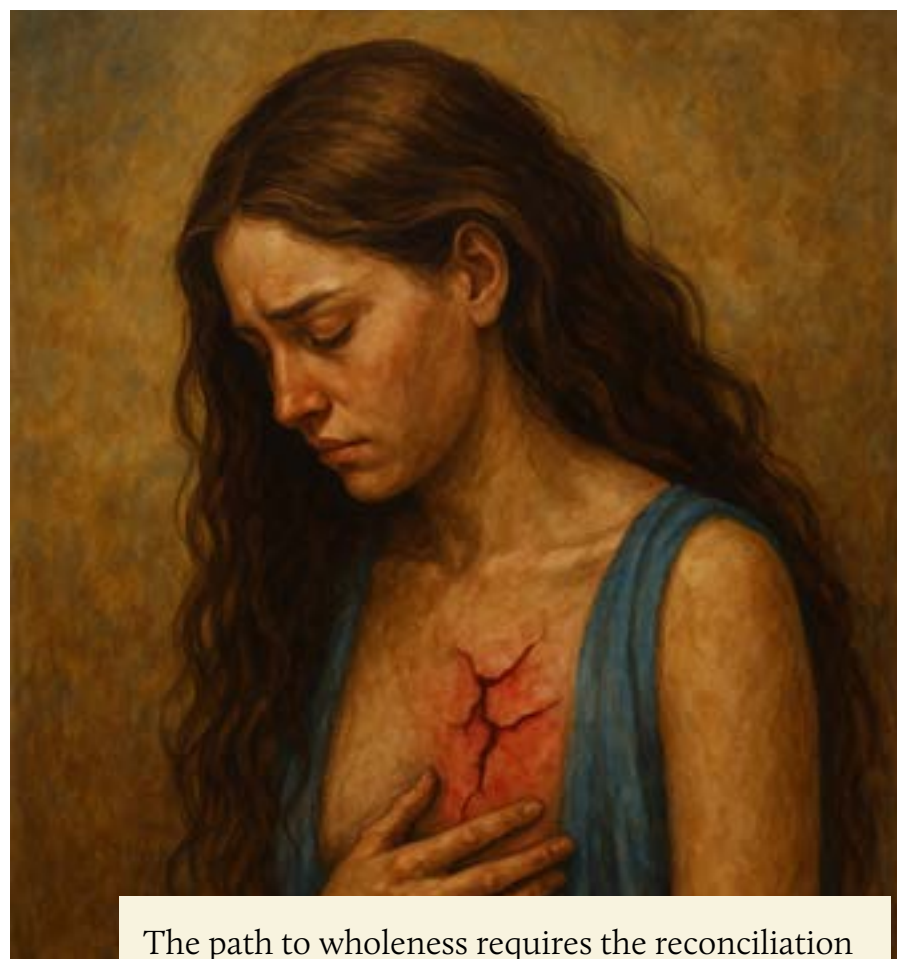
Both energies must coexist in balance. However, when feminine energy is wounded, the process of creation is interrupted. In this scenario, masculine energy has nothing to execute, and the individual becomes trapped in a state of paralysis, confusion, and disconnection from their deepest identity. It is not uncommon, then, for many to experience an existential void or the feeling of being unable to move forward in their lives.

## THE WOUNDS OF THE FEMININE

Throughout history, feminine energy has been systematically devalued. Women, as carriers of this creative mystery, have suffered persecution, humiliation, and even execution. These collective memories leave traces in the unconscious, often carried over from past lives.

The wound may also take shape in the womb, when the mother experiences pain, rejection, or violence during pregnancy. In childhood, it deepens when the girl is devalued or rejected simply for belonging to the female sex, wrongly labeled as “weak.” These invisible marks limit the capacity of feminine energy to unfold its creative potential.

# THE RECONCILIATION OF ENERGIES



The path to wholeness requires the reconciliation of these two forces. Beyond healing traumas from past lives or present experiences, the inner journey invites us to acknowledge and restore feminine energy. Only then can we once again open ourselves to creativity, to divine connection, and to the natural flow of our spiritual essence.

Healing the feminine is an urgent task. It is not an issue exclusive to women but to humanity as a whole. As long as we fail to honor and restore this creative energy, we will remain fragmented, unable to fully express our being.

The balance between feminine and masculine energies is the key to rediscovering our true identity. Only when both embrace one another does life regain its purpose, allowing us to move forward in harmony with our spiritual mission.

## Symptoms of the Wounded Feminine

The wounded feminine can manifest through creative blockages, such as the inability to paint, write, or pursue projects despite deep inspiration; emotional numbness or suppression, where tears are held back or joy feels out of reach; low self-worth, reflected in constant self-criticism or settling for less than one deserves; fear of vulnerability, like avoiding intimacy or distrusting others; excessive self-sacrifice, where one continually puts others' needs first while neglecting personal well-being; disconnection from the body, seen in discomfort with sensuality, menstruation, or natural rhythms; relationship struggles, such as repeating toxic patterns or power imbalances; feelings of stagnation, where life goals seem unreachable and progress feels blocked; and a profound spiritual disconnection, often experienced as emptiness, lack of meaning, or difficulty connecting with the divine.

# THE PERISPIRIT

## The Bridge Between the Body and the Soul

For centuries, humanity has sought to understand the mysterious link between our physical existence and our spiritual essence. Across philosophies and spiritual traditions, one concept consistently emerges: the perispirit. Often described as a subtle, intermediary body, the perispirit is said to connect the material body to the immaterial soul, allowing life, consciousness, and identity to manifest in human experience.

The word “perispirit” originates from Spiritist philosophy, particularly in the works of Allan Kardec in the 19th century. It refers to a semi-material envelope or energetic body that surrounds and connects the spirit to the physical form. Unlike the tangible body, it is invisible to the naked eye, yet it is said to carry imprints of emotions, thoughts, and even karmic experiences.

In essence, the perispirit acts as the bridge—or interface—between the immaterial soul and the dense matter of the body. Without it, the spiritual could not influence the mate-

## THE FUNCTIONS OF THE PERISPIRIT

The perispirit is not merely a passive vessel; it plays a crucial role in life and death alike.

- **Conduit of Vital Energy**

It channels the life force, or vital fluid, enabling the soul to animate the body. Many traditions equate this with prana, chi, or ruach.

- **Memory and Identity Carrier**

Experiences, traumas, and virtues are believed to imprint upon the perispirit, surviving physical death and shaping the soul’s journey.

- **Medium of Sensation**

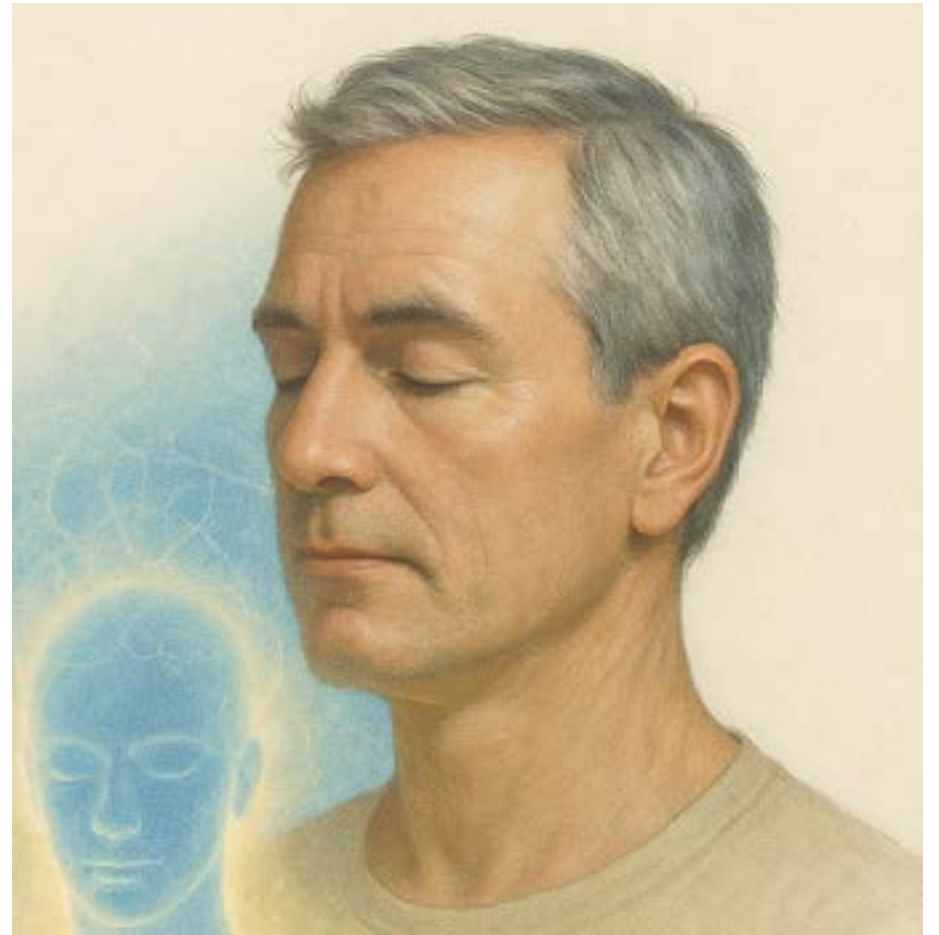
When we feel emotions or suffer illnesses, some schools of thought suggest that the perispirit is the first to be affected, later transmitting these impressions to the body.

- **Instrument of Transition**

At the moment of death, the perispirit detaches from the physical shell, carrying the essence of the individual into the spiritual plane.

## The Perispirit and the Next Incarnation

Perhaps one of the most fascinating aspects of Spiritist thought is the belief that the perispirit plays a decisive role in shaping the body of a future incarnation. According to this view, the perispirit retains energetic imprints of past lives—both harmonious and disharmonious. These subtle marks may influence how the next physical body develops.



- **Blueprint of the Body**

The perispirit functions like a template, guiding the organization of matter in embryonic development. It is through this model that the spirit imprints its history into the new physical form.

- **Reflections of Past Actions**

Virtues, lessons learned, and unresolved challenges may manifest as predispositions, talents, or even physical conditions in the new body. For example, chronic illnesses or congenital difficulties are sometimes interpreted as the material reflection of unresolved imbalances within the perispirit.

- **Opportunities for Growth**

Far from being punishment, these influences are often seen as opportunities for learning and spiritual progress. The perispirit ensures continuity of identity and accountability across incarnations, allowing the soul to advance through successive experiences.





# MACHU PICCHU

## THE REBIRTH OF THE SOUL

### A Sacred Journey Through Cusco, the Sacred Valley, and Machu Picchu

In the mystical heart of the Andes, where the whispers of ancient civilizations still linger among the stones, lies an invitation to awaken: The Rebirth of the Soul. This experiential journey is more than a tour; it is a pilgrimage into the essence of who we truly are. Through workshops, regressions, and ceremonies held in sacred spaces, participants are guided to release soul wounds, reconnect with Pachamama, and rediscover the divine spark.

## HEALING THROUGH WORKSHOPS

The journey begins in Cusco with *“The Symptoms of the Soul”* workshop, a profound initiation into the understanding of soul entrapment and fragmentation. Through teachings and live demonstrations, participants experience group regression, preparing their energy for the sacred encounters that await. This first step is not simply an introduction—it is the opening of a portal to the inner world, where healing and transformation begin.

Later, the *“Soul in the Womb”* workshop reveals how our earliest experiences shape our destiny. From the vibrations absorbed in the mother’s womb to the decisions the soul makes before birth, these sessions illuminate the roots of patterns that echo throughout life. By healing these wounds, participants clear the way for true rebirth.

## Sacred Sites, Sacred Encounters

Each day brings not only breathtaking landscapes but also opportunities for deep spiritual work. At *Sacsayhuamán*, where giant stones speak of forgotten wisdom, a regression invites participants to harmonize with the past and integrate with the present. In the *Temple of the Moon*, Pachamama embraces the group in ceremony, reminding us that the Earth is both mother and healer.

*The Sacred Valley* unfolds as a living classroom: in *Chinchero*, women keep alive the ancestral art of weaving, revealing the threads that connect humanity to the cosmos. At *Huaypo Lagoon*, a shamanic ceremony honors the Earth with offerings, blending Andean tradition with personal transformation. The path continues to *Ollantaytambo* and *Pisac*, where terraces and temples become mirrors of the soul’s own architecture—built, eroded, and ready to be restored.

And then, *Machu Picchu*—the crown of the journey. Here, meditation and guided exploration awaken a profound sense of awe. The Inca citadel, bathed in light and mystery, becomes the stage for the soul’s renewal. With each step, participants feel the power of this sacred city and its timeless call to transcendence.

# EXPERIENTIAL TOUR





# A Pilgrimage of Rebirth

The Rebirth of the Soul is not a mere excursion; it is a transformative pilgrimage. The workshops illuminate the inner wounds that long to be healed. The regressions allow the soul to free itself from past entrapments. The sacred sites act as catalysts, awakening memory, wisdom, and connection to the divine.

For those who answer the call, this journey is a threshold—a chance to shed old layers, reconcile with the feminine and masculine within, and walk forward in alignment with the soul’s true essence. In the Andes, under the watchful gaze of the Apus (mountain spirits), the

## HEALING THROUGH WORKSHOPS

Cusco is not only the ancient capital of the Inca Empire—it is a living vortex of energy. The Incas chose this city and its surrounding valleys with wisdom, recognizing it as the navel of the world, a place where the Earth’s vital forces converge. Each archaeological site is more than stone and history; it is a temple of vibration, a portal that awakens memory and invites healing.

At *Sacsayhuamán*, the massive walls hum with an ancestral resonance that strengthens the spirit. In the *Temple of the Moon*, the feminine energy of the cosmos merges with the Earth, offering deep nourishment and emotional release. *Pisac* and *Ollantaytambo*, with their terraces and sacred geometry, mirror the harmony of the cosmos and remind us of the need for balance within. And finally, *Machu Picchu*, the jewel of the Andes, radiates an energy so pure and refined that it elevates consciousness and dissolves inner barriers.

For those who embark on *The Rebirth of the Soul*, these sites are not simply destinations—they are allies in transformation. The mountains, rivers, and temples amplify the work of the workshops and regressions, allowing participants to release old wounds, align with Pachamama, and restore their inner vitality. Visitors return not only with photographs and memories, but with a heart renewed, an awakened spirit, and a deeper sense of connection to both the Earth and their own soul’s journey.

## SPIRITUAL HEALING



# THE IMPORTANCE OF FORGIVENESS

Many of us do not realize that this planet is a school where we come to learn, reincarnating over and over again. The lessons are different, but they are learned through suffering, which can be considered the therapy of the soul. Just as a precious stone must be cut before it can reveal its light, we too must go through trials, understanding that suffering helps us in our spiritual and moral evolution.

One of the things that delays our learning in this dimension is resentment, which usually comes together with the lack of forgiveness—whether toward others or toward ourselves. Below, I share the case of Julissa, which shows us the importance of cleansing our soul before entering the spiritual world.

Julissa had returned to a past life where she was a slave in Cartagena de Indias in 1689. She was on the run because she had just killed her master and his children. When I asked her why she had done it, she replied: “Because they killed my two-year-old twins.” The master had killed them as punishment for stealing food from the house to feed them. That night, the slave entered the house with a knife in hand and killed them in revenge before fleeing.

Later, she was found by the authorities, whipped, and finally hanged. “I don’t care about anything anymore, I don’t feel anything, it makes no difference to me,” she said defiantly. Once her body was dead and she was floating above it, I asked her if she was ready to forgive her master and his children for what they had done. She said no and that she did not want to say anything to them. I then asked her to continue into the light, but she told me she was wandering the earth searching for her children. As she moved forward, she saw the souls of her master and his children, lost and trapped in a kind of mire. Her spirit felt joy at seeing them in that condition and refused to approach them. When she tried to cross the bridge into the light, two beings of light blocked her entry, telling her she first needed to cleanse her soul. I clearly understood they were referring to forgiveness.



The spirit of the slave returned to where her master was, and I helped them establish communication. I asked the master if he wanted to ask for forgiveness, and he replied that slaves were animals and that they should be treated as such. After guiding him to realize that he was now in the same condition as those he had once called animals, he agreed to speak to his former slave and asked her forgiveness, saying he had been blind and had not realized it. Julissa’s spirit was also able to forgive him when she saw the sincerity of his words, and before continuing on her way, she told me she wanted to take them with her into the light. “Now my clothes are clean,” she exclaimed, referring to the cleansing of her soul. This time, the beings of light allowed the three of them to enter the light so each could continue on their path of evolution.

“*Forgiveness is the bridge the soul must cross to reach the light; without it, we remain bound to the shadows of pain, but with it, we awaken to freedom and divine peace.*”



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Our programs are designed not only to educate but to awaken profound inner change. Through Introspective Hypnosis, students learn techniques to uncover hidden emotions, release subconscious blockages, and promote deep healing. Complementing this is Past Life Therapy (Terapia de Vidas Pasadas by Dr. Cabouli), which guides participants in exploring reincarnational memories to resolve present-life challenges and gain spiritual insight. Together, these courses provide a unique path from training to transformation, preparing practitioners to support others on their journeys of self-discovery and soul healing.

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# ELEVATING CONSCIOUSNESS

## The Mission of Our Magazine



The mission of this magazine is clear and profound: to elevate the state of consciousness from a spiritual perspective, offering readers tools and resources that support the journey of self-discovery and self-healing. In a world where speed, noise, and external demands often disconnect us from our essence, we aim to create a space for deep reflection, practical guidance, and inner transformation.

This magazine is not only for spiritual seekers but also for hypnotherapists and wellness professionals, who will find it an invaluable resource to enrich their practice. We understand that during a therapeutic session, the soul will always go exactly where it needs to go in order to heal. For that reason, the therapist must be equipped with a wide range of tools, insights, and approaches to accompany the process with respect, sensitivity, and effectiveness.

Through articles, testimonies, interviews, and educational resources, we offer an integral vision that connects the science of hypnosis with spiritual wisdom—showing that therapeutic work goes beyond the mind and touches the heart of being. Our purpose is to inspire each reader to look inward, release the burdens of the past, embrace the present, and trust the soul's healing process.

Ultimately, this magazine is more than a publication: it is a bridge between knowledge and experience, between learning and transformation. It is a constant invitation to remember who we are at our core and to live with greater wholeness, purpose, and love.

**SANGIO**  
HYPNOSIS SOLUTIONS

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*Spiritual Messages: From Reflection to Action* invites you on a journey of inspiration and growth through 70 timeless messages. Each two-page spread is carefully designed to guide you from insight to practice: the front page offers a message of wisdom to inspire reflection, while the back page reveals its interpretation and a practical application you can integrate into your daily life. This book can be used in different ways. In Individual Mode, it serves as a companion for personal reflection, journaling, and setting meaningful goals. In Family Mode, it becomes a shared experience that encourages conversation, strengthens bonds, and inspires collective actions rooted in love, patience, and compassion. More than just a collection of words, this book is a guide to deepening your spiritual connection, improving relationships, and fostering values that nurture the heart.



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