

FREQUENTLY ASKED QUESTIONS

1 What Is *Chronicles of Hope*?

*"Hope is within reach," and we are told,
"It only takes one spark." — Anquietas*

The first in a series, *Chronicles of Hope, The Anquietas, Book 1*, documents messages that were received from wise spiritual beings who call themselves the Anquietas, the Ancient Ones. During a standard hypnosis session, leading Board Certified Hypnotist, Lois Hermann, was working with her client, Gary Scott, on sleep issues. The sessions took a surprising turn to conversations with the Anquietas who are concerned with the direction of humanity, and want to help shift the state of the world back to the positive. The book details specific, doable instructions on how to reverse today's world crises across all levels—environmental, political, financial, social, mental, emotional, physical, and beyond. Along the way, we get answers to some of life's great mysteries, unanswered (until now) scientific questions, and historic mysteries, including the pyramids, the Big Bang, extraterrestrials, and the history of humanity.

2 Why Is *Chronicles of Hope* So Timely?

*"There will come a time in the not too distant future
when civilization will balance on the edge of survival."
— Anquietas*

The world is experiencing seemingly unexplainable plights and negativity on unforeseeable levels. Many are perplexed and troubled about the current events highlighted on the world news—day after day. Why are we seeing record levels of destructive storms and natural disasters, violence and crime, political upheaval, animal extinctions, poverty, hunger, environmental pollution, and disease? The list goes on. *Chronicles of Hope, The Anquietas, Book 1*, explains WHY this is happening, but more importantly, HOW we can reverse the downward spiral. But the time is now. Earth is in crisis, and humanity may not have much time left.

3 Who Are The Anquietas?

*"In a sense, we are the Universe made conscious. We are the First Ones."
— Anquietas*

Pronounced (ohn-kwee-A-tus), Anquietas is from the ancient Greek language meaning, "Ancient Ones." They tell Lois they are wise spiritual beings (Wise Ones) present since the beginning of time. They speak to her through Gary, who is in a hypnotic trance. The Anquietas speak in authoritative, knowing language about their concern for the unrest and disturbances on Earth, along with the planet and humanity. They share their knowledge with insight for all of humanity so that we might help to change the world for the better.

4 Who Should Read This Book?

Anyone who is concerned about the state of the Earth, the environment, or humanity and would like to help shift the balance back to the positive, should read this book. Any human being can help to alter the world's negative course with the knowledge, insights, and specific instructions contained here. In particular, those in the fields of holistic wellness, the spiritual and metaphysically-minded, as well as environmentalists, will find this work useful. Hypnotists and energy workers, including holistic practitioners, medical professionals, and caregivers will learn how to keep their energy strong, so they can do the important healing work they are called to do.

5 How Is The Book Formatted?

The intention of this book is to share the words of the Anquietas exactly as stated, without bias. The Conversations sections detail the actual words spoken in each of the 11 hypnosis sessions. Since the sessions can sometimes be dense and challenging to understand, with decades of experience as a board certified hypnotist, Lois provides explanatory comments along the way to help clarify important information. The Reflection sections offer brief summaries of the conversations, outlining what they potentially mean. The Highlight sections provide organized lists summarizing each sessions' high points. The book can be read from beginning to end, or consumed in parts, depending on your reading style. The book offers a comprehensive Glossary of Terms for your reference.

6 When Will The Book Be Available?

*"At times, it may read more like a textbook rather
than a story, ultimately because it's a learning
tool and guidebook for each of us to help shift the
world back to the positive."
— Lois Hermann*

The book will officially be released on August 8, 2019.
However, we hope to have it available sooner for those who pre-order.