

Preface

*“Our Mission is to save humanity for our children
and our children’s children.”*

– Team Hope

What would you do if asked to take on a mission to help save humanity from imminent destruction? If it was within your power, would you help? And in so doing, what if you found yourself with information that questioned and challenged all that you knew? What if you found yourself conversing with those who could provide answers to help shift the world toward a more positive direction? What if the information was confusing, fascinating, overwhelming, and divergent from anything you could imagine? What if the medium, from which the directives originate, was otherworldly, incomparable, mysterious, and majestic?

What would you do?

We are experiencing worldwide and incredible magnitudes of intense and escalating levels of violence and crime, poverty and hunger, government upheaval, terrorism and war, public health issues, destructive storms and natural disasters, animal extinctions, and scandals of all types—sexual, corporate, political, and financial.

Change is difficult for humans. We usually only drive change when our pain is deep, untenable, and unbearable. Is humanity reaching this point of pain? Or are we already there? Humans are experiencing fading hope; many have lost it altogether, others have simply stopped trying. Before hope falls into an irretrievable space, we need to look forward with focused intention and confidence, use our creativity to stimulate positive thought, and feel that what we create matters.

Preface

The outcome: hope raises vibrational energy, and the more hope we have, the greater the energy, and the more improved our end results. We can bear witness to this downward spiral of hate, blame, greed, fear, and death. Or, can we, as individuals, along with our collective cultures, reverse the spiral into a hopeful, promising, and protected place?

The persuasive, enthralling, and significant knowledge and wisdom illuminated in this book has the power that could transfigure our civilization. The words and messages in this compilation will cause some to deny and ridicule it; some will be sad, angry, or lost and rudderless. The goal is to see, hear, and act on these missives, to shift our energy, and to come together to reverse the downward spiral of negativity plaguing ourselves, our communities, and our world.

The intention of *Chronicles of Hope* is to encourage positive change in our society by stimulating new thoughts about our existence, and making us aware of how we relate to each other, our planet, and the Universe itself. This body of work provides insight into unanswered scientific questions, historic mysteries, and spiritual inquiries. Welcome this information as an offer of hope to everyone on Earth.

You are summoned to embark on a mesmerizing journey that will cause you to pause, reflect, and hopefully change the way you look at life and the people around you. *Chronicles of Hope* invites you to assist in this mission to save our precious planet and the life that lives in, on, and around her.

*“Hope is the thing with feathers . . . That perches in the soul . . .
And sings the tunes without the words . . . And never stops at all.”*

– Emily Dickinson



Introduction

“Our vision is to alter humanity’s negative course by making available the knowledge and insights of The Collective.”

—Team Hope

My name is Lois Hermann. I am a Board Certified Hypnotist who assists people in shifting their mindset to embrace positive change with the power of the mind.

Hypnosis is an altered state of consciousness where the subconscious mind is in a place of focused awareness. A person in a hypnotic state is very relaxed, and while shutting out noise from the outside world, is able to tap into the subconscious mind, becomes open to shift old patterns, and receives positive thoughts to help change their mindset. The hypnotized person is also able to connect with their superconscious, or Wise Mind, for answers to guide their decisions. The process and outcome can be illuminating, positive, and hopeful.

Clients come to me with common problems: they can’t sleep, want to quit bad habits, need help with relationships, want to release emotional baggage, and so on. I help clients to achieve balance on all levels: mind, body, and spirit.

While in an altered state of mind, or trance state, clients can communicate with both their subconscious and their superconscious mind. As a spiritual seeker, I have learned ways to help people connect with their own higher sources of wisdom, whatever religious belief system they hold. They are able to express what they are sensing, hearing, seeing, or feeling as they communicate directly with the unseen world around them. I guide the session and ask questions,



yet the communication is between the client and their Wise Mind. Often, clients happily communicate with their passed-over loved ones, beloved angels, or other helpful guides. I feel honored to be a guiding facilitator and observer to the information that is shared during these incredibly positive spiritual journeys.

Over the years, I have honed my expertise in communicating with the shadow side, which is why many of the questions in the first part of this book address positive and negative energies. There are times when challenging issues surface with clients that seem to be spiritual in nature. They may be surrounded by negative energies or lost spirits that are influencing the client's emotional health. It could be a sad family member who has passed, or the spirit of a person who is stuck *in-between* and needs help to move on. Often, the spirit speaks through the client, and I have a dialogue with the spirit to encourage it to go into a place called the Light. Though surprised, the client is completely aware of the conversation and remembers everything about the session, the spirit, and the discussion. They usually comment that the experience makes perfect sense. Many people use sage, salt, crystals, incense, chanting, or prayer to shift negative energies from their space. However, using hypnosis to assist lost spirits into the Light has long been a passion of mine. I consider myself to be the human guide, the scribe, and the protector on the client's discovery journey.

Over time, some of my more spiritually-aware clients discovered their ability to readily clear themselves and their family members of negative energies while in trance. Using a combination of their own spiritual practices and working in trance with me, we developed ways to clear the energy around clients who were less able to facilitate their own clearing. These very special people embraced a new awareness of spiritual reality, and work with me as, what I call, clearing consultants. Working as a team, we remotely clear energies and spirits from around other people, animals, and places. I ask for their valuable assistance in the most challenging situations, also to help keep my own energy clear. I mention this because these clearing consultants play an important role in this mission. Keeping our

energy clear and positive was vital to the completion of this book.

I work closely with the Archangels, including Michael, Raphael, Jophiel, and others. Many years ago, a parish priest taught me to call on Archangel Michael to protect myself and my family from negative energy. Over the decades, I have developed a strong relationship with Archangel Michael. When called on, he helps me, my clients, and clearing consultants communicate with, understand, and facilitate shifts in a variety of spiritual energies.

Chronicles of Hope is a factual account about a client, Gary Scott (pseudonym), who came to me for hypnosis in the Fall of 2016. Incredible information came through him during multiple hypnosis sessions over a two-year period. An engineer by profession, Gary was scientific-minded, friendly, and soft-spoken. We met at a health fair, and he asked if hypnosis could help him with sleep and a few other issues. He told me his difficulty sleeping had been a lifelong struggle, and that his mind often raced at night. He experienced recurring dreams that were vivid, disturbing, and sometimes caused him to feel as if he were in another time and place. Gary wanted to investigate their source and find a way to get a good night's sleep. He had recently started on a serious path of healing his body, and felt as if he was on a mission, yet didn't know what it was.

What was channeled through Gary is a series of conversations with *The Collective*, which includes the *Ancient Ones*, enormously wise spiritual beings who have been present since the beginning of time; they call themselves the Anquietas.¹ These Ancient Ones were able to communicate through Gary to provide insight, wisdom, and advice on the topics of history, humanity, spirituality, and hope for the future. These Ancient Ones shared their knowledge and advice with the ultimate aim of helping civilization and humanity. The Anquietas want people to know they are always around to support and guide anyone who asks for assistance in their daily lives. What they provide in these dialogues is a precious example of how deeply vested they are in helping humanity.

1. Anquietas (ohn-kwee-A-tus) – From the ancient Greek meaning “Ancient Ones.”

During the initial sessions with Gary, I was looking for answers to better help him as my client. The Ancient Ones responded with great insight, and provided simple ways for all of us to help ourselves and each other. Through subsequent sessions, they shared additional knowledge that explained the different types of negative energies or entities that are encountered around people and places. The teachings in this book are a great resource for anyone who is sensitive to energies, works to shift other people's energy, and those on a quest to help humankind and our planet.

Immediately, the sessions with Gary were decidedly unique. Most clients remember everything about their sessions, and in our post-session debriefs, they discuss what was said, felt, and experienced, especially the communication with their angels, guides, or spirits. When Gary went into trance, several high-level spirits as well as low-level energies came through him and spoke directly to me, which was unusual. Also unusual, he remembered nothing at all about what occurred during the sessions.

The remarkable high-level spirits that came through Gary specifically said he would not remember anything, and that he had a special energy that allowed them to communicate through him, to me. They spoke in a voice and with mannerisms which were very different from the pre-session Gary, and their messages were shockingly fascinating.

When I relayed to Gary what was said in trance, he was stunned. Since the same thing happened in subsequent sessions, and because of the amazing information that came through, we started recording the sessions, initially audio and later, video. To describe how Gary and I felt after these early sessions . . . shocked, awestruck, excited, confused, worried, disbelieving, peaceful . . . doesn't even come close to the range of emotions we experienced. What was happening was astonishing. At the same time, I knew with certainty this was for a divine reason.

I discovered Gary's guides were intent on providing insight to be shared with others, because they were concerned with what was happening on Earth. They specifically requested my help to take on a mission. These guides suggested I invite one of my clearing consultants

to observe a session, to gain their perspective and validate what we were experiencing. Indeed, since that first journey, several clearing consultants have corroborated that this information is consistent and received from higher sources of spiritual wisdom.

In the first sessions, you will read how I facilitated clearing the negative energy that was in and around Gary's aura or energy field, an exercise that I do regularly with clients. Since we are energetic beings, our vibrational levels are affected by both internal (thoughts) and external (energy-draining) sources. After clearing negative energies around clients, I teach them to fill themselves with positive energy, and encourage them to maintain the habit of embracing positive thoughts to keep their energy strong. In going through my normal process to clear the negative energies surrounding Gary, we learned more about these energies. Because Gary's energy was so expansive, we were able to communicate with both low-level as well as high-level energies to find out who they are and what their intentions were. We understand there is a lot of information contained here, some of it quite intense and dense, but we discovered these sessions were an important part of the process to clear Gary's energy to prepare him to receive the information that was to come.

Even though my clearing consultants and I can clear the energy in and around a person's auric field (the energy field that surrounds the physical body), it is up to the person to actively keep their energy positive. They can do this by thinking positive thoughts, calling on positive energy through prayer, meditation, asking for assistance from those in the Light, or a number of other spiritual practices that resonate with the individual. It is an important part of the healing process for the person to take responsibility for their energy healing. Like a patient recovering from an illness or a surgical procedure, it takes time and consistent effort to sustain lasting change.

While Gary's clearing sessions in the beginning chapters may seem unusual, we felt it was necessary to document them. His preliminary hypnosis sessions explain the vibrational energy challenges that people face daily, giving clarity as to what people can do to shift their energy to be more positive. As we clear away what is holding us back

and release the emotional energy drained by the pain of the past, we raise our energy and become open to communicate with high-level spirits. Only then are we able to receive clear answers to our questions. These initial sessions contain important answers to help shift the energy surrounding humans today. They also represent a historic part of *Chronicles of Hope*.

What follows in this book may be some of the most important directives of our time. The historical messages from The Collective, including Gary's Spirit and the Ancient Ones, along with some of the negative energies that cause so much trouble on Earth, are important to know. As you embark on this journey with us, be patient, just as we had to be; answers were revealed as we needed them. We were determined to present their messages exactly as they were provided to us. Many times, the messages were repeated, giving clarity over time. We acknowledge that there are still some things that require clarification . . . still more questions to be asked. You may find this information to be overwhelming; therefore, it should be digested slowly, mindfully. Their messages were revealed over time, and as we were ready.

As a professional hypnotist, I ask open-ended questions to avoid leading my clients, and endeavored to do the same in the captivating sessions with Gary. The intention of *Chronicles of Hope* is to share the words of The Collective exactly, without bias. Though the book reads more like a textbook than a story, the goal is for you to develop your own perspective of the information these Wise Ones provided.

Each chapter is a session which includes questions asked by me, and the answers either from Gary while in trance or of the Ancient Ones speaking through him. The chapters are divided into sections to allow the book to be digested in different ways. It can be read from beginning to end or consumed in parts depending on your learning style.

Before each session, Gary, along with one of my clearing consultants, and I would discuss what we would like to know and what questions would be best to ask in the session. We have included an Intention section prior to each Conversation section, which captures

the essence of those pre-session discussions. The Intention sections outline the context for each hypnosis session.

In the Conversation sections, you will read the Ancient Ones' words as they were spoken exactly. Since the Ancient Ones communicate in a way that humans typically can't understand, everything was transmitted and translated into human-readable form through Gary. While he never knowingly injected any personal bias, the Ancient Ones could only work with what was available in Gary's mind.

There is a Reflection section following each Conversation section capturing my thoughts and offering a brief summary of the Conversation. These can be previewed or reviewed to get an idea of what was covered in each session and what they could potentially mean. Occasionally, I offer explanatory thoughts to help clarify some of the more challenging topics. These insights are based on my personal experience and what clients have revealed to me over the years from their discovery journeys.

The Highlight sections provide a bulleted summary of the key points from the Conversations and are organized in categories for continuity and rapid review. Use these as a reference to reflect on the many deep concepts that are shared.

The first several sessions were transcribed directly from my notes. Subsequent sessions were transcribed verbatim via audio or video recordings. While present at the sessions, we (myself, and later, several of my clearing consultants) were able to positively distinguish the differences in the unique personalities of those who came through. Since there is not that context in this written text, we have endeavored to capture the individuality and expression in explanations so you can more fully experience the process as it happened.

Within the session transcriptions, [brackets] indicate longer pauses, brief explanations, or comments about Gary's physical expressions. Some pauses indicate when the Ancient Ones were clearly searching for the right words to convey a concept. Short pauses are indicated with isolated ellipsis, i.e., "text . . . text." The *italicized* sections simply indicate emphasis.

While the word Earth is not commonly capitalized (because it is not named after a Roman God, as are the other planets), we chose to do so because we acknowledge Earth as a living entity, and therefore deserving of a proper name. We have done the same for the word Universe, when we refer to the living entity. We also capitalize the word Light when referring to the spiritual level that exists above the physical plane or what many refer to as heaven. And, since the Anquitas refer to numbers in groups of 8s, we honor them by using the number 8 when indicated, instead of writing the word eight.

Through the ages, religion has played an important role in spiritual growth and connection for some, while causing great distress for others. As you experience these conversations, you may find the words of the Anquitas to be enlightening as well as unsettling, or questioning your core beliefs. Undoubtedly, their messages will fuel much soul-searching and thought from within. As you read, the intent is for you to understand more about yourself as well as the seen and unseen world around you. Their words may cause you to question what you have been taught.

This extraordinary, implausible set of circumstances, and shared information that I was privileged to hear, shook my foundation and changed my life. These insights have served to strengthen my own belief in, knowledge of, and relationship with, higher sources of wisdom. As a result, my spiritual awareness has grown exponentially, and I have gained much clarity and peace of mind, as well as improved guidance for my clients. Hopefully, this book will serve as significant value to you, and the other humans who share our planet.

The messages from the Ancient Ones give us insight to help us live happier, healthier, more positive lives. This work is meant as a guide to help you understand how energies affect us without our even being aware of them. Please take the necessary time to process this information and integrate what you learn into your daily life. To be more positive, it is critically important to shift your negative energies, harmful thoughts, and draining emotions.

Gary and I wondered how to begin sharing these incredible insights and wisdom from the highest level of the Universe. We asked

ourselves how to deliver the message in a believable, digestible fashion to help save humanity from destruction. How do we get the world to pay attention and act? Do we “Just Say Yes!” to this fascinating journey in hopes of inspiring others to look within and shift their awareness? Frankly, it concerned me as to what might transpire after this book was published. During the first year of this journey, my self-talk centered on “Who . . . me? Am I really the one who is supposed to communicate this information?” Gary had similar thoughts about his role and who the Ancient Ones say he is. Ultimately, we were blessed to be joined by a group of supporting people who contributed greatly to this project, whom we call Team Hope.

We felt humbled, insignificant, and unprepared for this journey; however, we honored the request to deliver this knowledge so that humanity might change the world to the better for our children and our children’s children. At peace with the decision to “Just Say Yes!” our team has learned to trust our spiritual guides in the unseen world and we are grateful to be accompanied by each other as collaborators in the effort to carry this venture to completion. We accepted the mission to share these very important messages with every human on planet Earth—those who would listen with open minds and hearts. The question is . . . are you ready to start this questing journey? Are you ready to take this information into your own mind, body, and spirit?

Together, we embark upon a transcendent journey of monumental significance that has the potential to change the world and alter the course of humanity and civilization as we know it—for the better. The answers are here, and we are thankful to have received them. We now pass them along to you.

We hope you welcome these insights from *Chronicles of Hope* with open-minded curiosity, and implore you to incorporate these messages into your daily life, and embrace the task of empowering others in the undertaking. We invite you to become part of this historic journey of hope for humanity.

Introduction

“When the Earth is sick, the animals will begin to disappear, when that happens, The Warriors of the Rainbow will come to save them.”

– Chief Seattle [Seath], Suquamish Chief

