

Regression Hypnosis Practice Sessions Script-Update 9/25/23

Black is your script to read aloud to the client.

Red are instructions for you, the regressionist, and NOT to be read aloud.

First, make sure you have established the purpose for the session.

What the client is seeking. You will state this in the next red section.

“So, as we begin...you can go ahead & close your eyes & just know that all hypnosis is actually self-hypnosis & I'll be making suggestions & the suggestions that resonate with you, you can go ahead & accept & if I ever make a suggestion that doesn't resonate with you, you can go ahead & leave that aside... and the same with this first suggestion of closing your eyes... if at any time you would like to open your eyes... if you're curious or hear something.... then go ahead & open your eyes... the only purpose for closing the eyes is to begin to turn inward... the eyes give us so much information about the everyday waking world and today, we're seeking to go deep within... so that's the only purpose of closing the eyes...”

“Let’s imagine now that we are surrounded by a golden light...a beautiful golden light of protection, healing and illumination...the two of us surrounded by this beautiful golden light...and we invite here with us all those energies that are of the highest vibration and with the purest intentions...be they guides, masters, angels...all the stewards of this work...and the work that we’ll be doing together today is to make a transition in consciousness...we are seeking to move from this everyday waking consciousness and “crossing through the veil” so to speak...crossing into the deeper soul mind...and there

we are seeking to awaken whatever might be most helpful to you...with a particular interest in:

******* (State now what the client is seeking.)**

“And so we put these matters, these questions, on the table, so to speak, before the soul mind, the guides, and the Creative Forces themselves ...to reflect upon with you...knowing that what will be most helpful for you will be borne into your consciousness...you are coming today with an open heart and open mind...ready to receive the gifts from the soul realm...

“and we acknowledge now all those coming to work with us...the guides, angels, masters...all the keepers of this work...those of the highest vibration and purest intentions...we are honored as they come to guide us, protect us and show us the way...

“And now anything less...anything less than the highest vibrational energies with the purest intentions...anything less...to be outside of this circle of light...only the highest and purest here with us...anything less outside of this circle of light...

“So, with this protection in place, let us begin to open ourselves in heart and mind to the unseen forces that surround the doors within to the places of grace, healing, soul memory, guidance and revelation, and let us cast about ourselves that protection found in the thought...the knowledge...that we are one with our creator...we are one with our source...and nothing can ever separate us...let us feel that protection from knowing we are one with our creator...good...

“Now, with this umbrella of protection in place...let’s begin...let’s begin by focusing on the breathing...go ahead and take a nice deep breath in & a nice slow gentle breath out”

A nice deep breath in...and a slow gentle breath out...

One more deep breath in...and a slow gentle breath out...

...Now, let’s begin to use the imagination...imagine with each breath in that a feeling of peace is coming into the body and into the mind and with each breath out...feel yourself letting go...letting go of any and all tension...Feel yourself sinking into the chair...just releasing and relaxing...

***Can insert safe place induction here...Beach, forest...**

“Letting go of all the thoughts & cares of the day, setting those aside...they will all be there later if you need them...so just for now...focusing on the breath...breathing in and receiving what you need and breathing out and letting go...letting go of what you no longer need...the wonderful rhythm and teaching of the breath”

“And with the next breath in... imagine that feeling of peace coming into every cell of your body... every cell of your body touched by peace... and as you exhale just let go... let go of anything you no longer need...release and relax...peacefully... and with the next breath in... just feel that peace coming to every thought of your mind... every

thought of your mind... peaceful and relaxed... and as you exhale... letting go... letting go of all that's finished...all that you no longer need... breathing in and breathing out... taking in what you need and letting go of what's finished... relaxing and peaceful... deep... deep... deep...

“Just know that it's a good and wise thing to dedicate time... energy... resources... towards your spiritual self-care... just as we attend to the body...just as we attend to the mind... perhaps it's even most important to attend to our spiritual selves...to our soul... it's such a good and wise thing...turning inward...seeking the inner temple...the still small voice within...and we do so by quieting the mind...all the worldly influences...as we do in meditation...in prayer...even looking at our dreams...seeking inner communion and guidance...the eternal part of ourselves...such a good and wise thing...and that's just what we are doing today...seeking from within...going inward for guidance...

And just know that results follow choices and actions and there is a spiritual law that applies today...the law states quite simply that if we seek we, we shall find... if we seek on the spiritual level, we find on the spiritual level...and as you reflect on this law in your life... it might be quite easy to see this law in effect in your life... all that you have found... as you have been seeking most if not all of your life... seeking knowledge... wisdom... truth... and all that you have found... of course, life has had its challenges...its obstacles...but notice how you have been guided...sometimes through effort...sometimes by synchronicity...finding friends... books... teachers... courses... all the

way to this moment here and now...that golden thread of seeking and finding...leading all the way to this moment now...

There's something here for you... there's something here for you to find... and so if the law is true...as it has been throughout your life...then there should be something here...if not much here...for you to find... so let's proceed with every hope... every expectation... that there is much here for you...that the law will be fulfilled this day...let's continue making our way deeper within...let's find what is here for you...

“Next, ...let's begin to work with the mind...the mind can be like a thinking machine...a very useful tool...a wonderful resource...so helpful in so many ways...but for the purposes of today's activity...let's use the aspect of mind that concentrates or focuses...and focus your attention on my voice...the reason being that my voice will be your guide...my voice will guide us through the veil so to speak...to the places where you can gain access to the resources...the experiences...the memories...the guidance...that's here for you...that's the reason you want to stay with my voice...my voice will guide you...so as thoughts come into your awareness...gently and easily return focus to my voice...let my voice guide you deep within...and be as consistent and persistent as possible...keep preferring the sound of my voice...you very much want to explore what's here for you...so as thoughts come...prefer the sound of my voice...keep returning the focus of attention to my voice...over and over...

...The good news is that as you continue to prefer my voice...as you consistently and persistently shift from thoughts to my voice...my voice will slowly become more prominent in your awareness...my voice will slowly become easier to follow... more prominent in your awareness...always come back to my voice... perhaps find something interesting in the sound of my voice...or perhaps be curious about the next words I might speak...keep coming back to my voice...let my voice guide you deeper and deeper within...no matter how interesting a thought may be...no matter how important...all those thoughts will come back to you later...let your mind know you won't be gone for long...you'll be back in a short while...but for now you very much want to explore what is here for you...always coming back to my voice...

“Next, there may be sounds that come into your awareness...notice any sounds that come into your awareness...and come back to my voice...thoughts and sounds will come and go...but my voice will always be here...my voice will stay with you...always coming back to my voice...there's so much here for you...”

“There may also be sensations or feelings that come into your awareness...just notice the feeling or sensation...then come back to my voice...let my voice guide you deeper and deeper within...now if you ever experience an urgent thought, feeling or sensation...then by all means attend to it...but if nothing urgent arises...then gently and easily keep coming back to my voice...letting my voice guide you deeper within”

“Thoughts...sounds...feelings or sensations...notice and come back...always coming back to my voice...there’s so much here for you...you can feel that...feel that draw within...let my voice guide you...deeper and deeper within...”

“Next, I’d like you to notice that there’s a part of you that can hear my voice...a part of you can hear my voice...and another part of you is relaxing and peaceful...notice the part of you that can hear my voice...and the other part that is relaxing and peaceful...Now soon I’m going to ask a question...a very easy question...and the part of you that can hear my voice...will hear the question...and understand the question...it’ll be a very easy question...and you will be able to answer the question...and answer the question aloud...so I can hear you...and the other part will just stay relaxing and peaceful...”

now here is the easy question...I’d like you to notice on a scale from 1 to 10...with 1 being awake & alert ...and 10 being deeply relaxed & peaceful....what number comes to mind?”

[Listen to the number. Then repeat the number]

Good...Would you like to go even deeper?

If they say “yes”, continue below.

If they say “no”, or say 7 to 10...proceed to blue section (page 11)

So, to go even deeper now...let's bring the focus of the mind to the body...let's use the mind to bring even more peace and relaxation to the body...

Now, let's bring your attention as fully as possible to the feet and legs...let's start with the feet...notice the predominant sensations in the feet...*perhaps you can feel where the feet are resting on the floor?...perhaps you can notice the socks touching the toes?...*just notice in a very general way the sensations in the feet...now see if you can notice something more subtle...see if you can notice areas of the feet where there is no sensation...areas where there is sensation and areas where there is no sensation...just noticing in a very general way the sensations in the feet...

Good... Now, let's continue up to the legs...notice the sensations in the legs in a very general way...*notice again the predominant sensations...notice where the legs are resting against the chair...notice the hands resting on the lap...*and now notice on a more subtle level...notice if you can detect any difference in temperature...areas along the feet and legs that feel warmer...or areas that feel cooler...or maybe the temperature along the feet and legs feels uniform...just notice these sensations in a very general way...

Now, let's use the mind to relax the body even more...bringing the focus of the mind to the feet and legs ...and now see and feel the feet and legs becoming more peaceful...more relaxed... feel the muscles in the upper legs letting go a tiny bit more...relaxing... letting go of any tension...the muscles in the lower legs ...letting go of any tension...a

tiny bit more relaxed...more peaceful...see and feel the feet sinking...settling...notice how you can use the mind to relax the body...

Let's continue now up the body...bringing the awareness as fully as possible to the hips and lower back...see and feel all the muscles of the hip area becoming more relaxed...more peaceful...the lower back...relaxing...see and feel the hips and lower back sinking and settling...good...

There's so much here for you...notice you can feel that...

Let's continue now up the back...the lower back...the mid-back and upper back...see and feel the lower back becoming more relaxed...the mid-back and upper back relaxing and settling into the chair...just a bit more relaxed and peaceful...good...

It feels so good to relax and let go...you can trust the chair...it's there for you...it can support you...feel the body making a slightly larger impression on the chair...sinking and settling...feels so good to relax and be peaceful...sinking...settling...deeper...deeper...there's so much here for you...

Bringing the awareness now to the shoulders...see and feel the shoulders becoming more relaxed...more peaceful...the arms...sinking and settling...the hands...relaxed and peaceful.

There is so much here for you....

Moving now to the front side of the body...the chest...all the muscles of the chest relaxing...the stomach and abdomen...relaxed and peaceful...the breath soft...peaceful...see and feel the front side of the body just a bit more relaxed...sinking...settling...just a bit more peaceful...

Bringing the awareness now to the neck...the head relaxing... see and feel the neck becoming more relaxed...sinking... settling...the head...relaxed...the face...soft and peaceful... the throat... open and relaxed...

“From the head all the way down to the toes...Imagine a wave of peace washing over the body...from the head ...all the way down to the toes...a wave of peace...washing away any tension...any discomfort...

...a wave of peace washing over the mind...

...a wave of peace washing over the heart...

**...a wave of peace washing over the body...
peace...**

...a wave of peace... washing over the body...

...a wave of peace... washing over the mind...

...a wave of peace... washing over the heart...

Deep...deep...peace...peace...peace...

Now, let's add to the peace by using the imagination...just feel the mind's eye opening...the heart opening...and begin to imagine that you are sitting outside on a very beautiful day...imagine you are sitting on a very comfortable bench...

...Sit back and take in the beautiful view...trees...green grass...the beautiful blue sky...and the temperature just the way you like it...there's even a gentle stream of water running nearby...so relaxing...even imagining this scene is so relaxing...the birds...the water...so peaceful..."

Once you can imagine this scene...you can let me know by nodding your head or by saying, "yes" ...

**(They nod or say yes...then continue with blue section below)
THIS IS THE BLUE MARKER. START HERE IF CLIENT IS AT 7 or 10 or didn't want to go deeper.**

"Now, I'd like you to imagine you are looking up at the beautiful blue sky...the trees...as you look up at the trees...notice a breeze blowing through the trees...and notice several leaves breaking free of the tree...and just imagine the leaves falling from the tree...notice the beautiful dance of the leaves as they make their way to the ground...you are so captivated by the leaves...notice the leaves dancing and floating...floating and dancing...down ...down ...down...floating to the ground...so peaceful...floating down ...down ...down..."

"And notice now one of the leaves has landed in the stream...the leaf has landed in the stream...imagine the leaf as it drifts down the stream...like a little boat...twisting and turning...drifting down the stream...and just know that the leaf has nothing to do...nothing to

be...it's just a leaf...going with the flow...riding the current of the water...drifting away...drifting away...drifting away..."

"Notice now that my voice is also like a stream...a gentle stream of sounds and words...notice that my voice is like a stream...and let your awareness...your mind...be like the leaf...like the leaf drifting down the stream of sounds and words...let your mind...your awareness...drift down the stream...there's nothing to do...nothing to be...just like the leaf...it's all here...it's already...all we have to do is arrive...and we will arrive...in the fullness of time...as we drift along ...drifting down the stream of sounds and words...drifting deeper and deeper within...there's so much here for you...as we go deeper and deeper within..."

"Let's take a moment to notice all the energies that are here...many names...notice these sweet loving energies...all here for you...sweet loving energies...feel their love...their support...you're going in the right direction...they very much want you to experience all that's here for you...safe...loving...they very much want you to experience all that's here for you..."

"and just feel that love and support drawing you even deeper...there's so much here for you...so much...it feels so good as you go even deeper...and the deeper you go...the more relaxed you feel...and the more relaxed you feel...the deeper you go...and so it is...deeper and deeper...relaxed and peaceful...so deep and so relaxed...so relaxed and so deep...deep...deep...deep..."

“Now, soon I’ll begin counting down from 10 to 1...each number will invite you to come deeper...you’d like to go very deep...I’ll count down from 10 to 1 and each number will invite you to come deeper and when we get to one...you’ll be at just the right place...just the right place...”

(Take a breath between each number.)

“So, let’s continue...10.....9.....8..... deeper now...even deeper.....7.....6.....5..... even deeper now....even deeper.....4.....3.....2.....deeper.....even deeper.....and.....1..... just the right place....deeply relaxed and deeply peaceful....just the right place...so safe...so familiar....relaxed and peaceful....

“And in this place of such peace and calm...feel the mind opening...the third eye opening....all the spiritual centers opening....the heart opening....the mind opening...like flowers opening in the sunshine...feel yourself becoming like pure awareness...so sensitive...so aware...so open and so safe...”

***Insert age regression here.**

Now, allow your mind to drift and wander. Allow it to drift up above your body as you surround your body with the white light from the highest source. As the light surrounds you, float up above the room, noticing us down below. Allow the mind to drift up higher and lighter until you go up above the building...even further up to where the building we are in is very tiny. Now draw a white line through the

present moment way into the past and way into the future... Feel yourself float up above the timeline so you can see how far it extends in either direction. Allow yourself to float into the direction of the past floating back over the past year, ____ (nearest decade), further back to (next decade) until you reach the point of your goal. Now, I want you to imagine which direction your subconscious mind stores the past. Your past memories could be located above you, beside you, in front or behind you. I want you to allow yourself to float back into that direction now, leaving the present behind... I will count to five, and I want you to allow yourself to float back as many years as necessary in the present life to (restate the issue, problem or goal.) One...leaving the present and floating back toward the direction of the past...tow...floating over the years.... Three...farther back and more deeply relaxed. Four...approaching the (goal)...and five you're there now...

***Skip the next part for age regression. P. 17 (if doing both, go back to it.)**

“Notice now in your mind’s eye...notice that you are standing at the beginning of a long corridor...a long hallway...the image is becoming clear...the feeling is becoming more clear...and at the end of the hallway is a light...a very beautiful light...the light is calling you...you can feel that...you can sense that... you are very drawn to the light...what you are seeking today is towards the light...the feeling is very strong now...”

“The image...the feeling... is now clear and when you are ready to approach the light, you can let me know by saying ‘yes’ or by nodding your head...”

[If they say YES, continue below. If they do not say YES, get them to explain what they are experiencing...such as – “notice what you are experiencing...let that become clear...soon you will find just the right words to describe what you are experiencing at this time...”]

**“Good...moving towards the light...notice you are so drawn to the light...like there’s a magnetic pull drawing you towards the light...it’s a good feeling...what you are seeking is towards the light...it feels like you are just gliding towards the light without any effort...getting closer and deeper...the closer you get to the light... the deeper you go...and the deeper you go...the closer you feel...
...and when you are close to the light... you can let me know by saying ‘yes’” or by nodding your head...**

“Let yourself adjust...the light feels so good...so positive...you are very close now...”

“Notice that the light is above a door... let the image become more clear to you...and notice you are drawn to the door...notice you are drawn to the door ...soon you will notice you are feeling drawn to the door...there is something here for you...an experience...a gift...an opportunity...notice you can feel that”

What you are seeking today is behind the door...

“So, go ahead & approach the door...notice how you feel...what you are seeking is behind the door...you are ready for what is here...you can feel it...just what you need at this time...let the feeling become clear to you...very clear...soon you will find just the right words to express what you are feeling...notice if it is a positive feeling...a neutral feeling...a challenging feeling...”

“Yes...notice that feeling...soon you will find just the right words to describe what you are feeling...sensing from the door...”

Notice if they describe a feeling or sense. Either way, continue.

Now...would you like to go through the door?”

[If they say “yes”, proceed below.

If they say NO, explore how they are feeling. The door and experience are completely optional.

Check in with Karen-270-816-3821 or another assistant.

“So, go ahead now...take a minute...what you have come for today is behind that door...and when you feel ready... go ahead & open the door...and if it feels ok...go ahead and cross the threshold...crossing to the other side...let yourself adjust...slowly unfolding...notice what you are feeling...let that become clear...notice any imagery...let that become clear...notice any sensations...let those become more clear...what’s here for you is slowly unfolding...slowly becoming more clear...let the feelings become more clear...let the images become

more clear...feelings...images...sensations...becoming more clear...and when it feels right...you'll find just the right words to describe what you're experiencing at this time..."

[Now you follow their experience, repeat, amplify, direct when needed. After a period of time, start to bring them back. *If this section isn't going smoothly, ask an assistant for help.*

Karen-270-816-3821] *If you know the person is highly emotional..., tell them the experience is over in 1, 2, 3... and go to the time before to get the message... Then proceed to the next significant moment in their life.

Questions you could ask depending on what they are experiencing:

What do you ask once they are through the door?

- Notice any feelings...let those become more clear
- Notice any images...let those become more clear
- Notice any sensations...let those become more clear
- What's here for you is unfolding...becoming more clear
- Feelings...images...sensations...
- What is here is more clear now
- When it feels right...you will find just the right words to describe what you are experiencing at this time
- Let it come through
- Let it become more clear
- What's here for you is unfolding
- More is coming
- Everything here is for learning and growth
- There is a reason and purpose for being here
- Everything is unfolding just as it should

- Everything begins wherever you are right now
- There's no right way...there's no wrong way...just notice...and when it feels right...you'll find just the right words to describe what you're experiencing

Non-Directive:

- Everything is here for learning and growth
- Let yourself feel that...let that become more clear
- Notice what's coming to you...let that become more clear
- It's all for you...take it all in
- When it feels right, you'll find just the right words to describe what you're experiencing

Directive:

- Let's move now to...
 - ...where you live
 - ...to an important event in this experience
 - ...to the time at the end of your life...
 - ...look into their eyes & see if you recognize them
 - Let that become more clear
 - Soon you'll find just the right words

-Death (skip for age regression)

- **“All right, when I count back from three-one, I want you to go to the last day, to the final moments of your life...There will be no pain or discomfort.... One...two...three...”**
- **What are you aware of?**
“What is happening” Do you notice anyone around you?”
“Before you leave this body, if there is any residue in the current body to clear? What lessons were learned?”

Optional Clearing Therapy-examples-guilt, lack of love...

Ok, now allow yourself to release all residues that have been carried over to the present life by floating up above the memory and imagining the residue like metallic dust in the memory. With your higher power, gather all the dust particles with a giant magnet and hurl it out to space until the sun burns it up.

Optional Higher Self/angel guidance:

“Now, float above the memory floating higher until you reach guidance or a spiritual message from your higher self or guides, when I count to three...one...two...three... What is the message?”

[Once the person has had an experience/messages, you can begin to bring them back]

So, let's come back now to the door (body-age regression) ...let's give thanks to all the seen and unseen forces that have made this experience possible...your prayer was heard and the law was certainly fulfilled...

And notice that the door to your past is open...the door is open to you and will remain open...you can come back here anytime you like...the door is open...consider coming back...there's much more here for you...each time you come...it will be easier...each time you come...even more will be shown to you...so consider coming back...you know the way...it is easy and safe...follow the

breathing...follow the light...come to the door...there's much more here for you...do come back...make use of this resource...the more often you come...the more will be revealed...come back often.

Now whatever was helpful and useful will stay with you...everything else will stay behind... and even more will be shown to you in the days and weeks to come...know this to be true...there is much more to come...and you will keep with you all that was helpful...and useful...you will remember that...and everything else...what is finished...completed...what has served its purpose...will stay behind...good

“We will now begin to come back through the light...with full hearts and minds... knowing that the law has been fulfilled...your prayer answered...so let us begin to come back...”

“Soon, I will count from one to ten & with each number, you will slowly become more awake and alert... and when I get to 10... you will be fully awake and alert with a feeling of peace and tranquility...what has been helpful and useful will have stayed with you...whatever was finished and has served its purpose will stay behind...and also know that in the coming days and weeks to come...more will be shown to you...more will be revealed...know this all to be true.

(Take a breath between each number)

“So, let's begin coming back.....1.....2.....3.....

...slowly becoming more awake and alert..... 4.....5.....6...

...all the systems of the body returning to normal and balanced conditions..... 7.....8.....9...

...the body...mind...and spirit...in perfect alignment & 10...

...fully awake & alert... and at peace.”

Script Cheat Sheet

1. Prayer
2. Breath
3. Voice entrainment
4. Progressive relaxation
5. Guided imagery
6. Depth checks
7. More deepening if needed
8. Suggestions & Expectancy
9. Regression experience
10. Clearing/Guidance
11. Count back/reinforce suggestions

Components in a Regression Hypnosis Script

Induction Phase

1. Opening
 - a. Prayers of protection
 - b. Explanation of process
 - c. Establish objectives
 - d. Establishing rapport & trust
2. Deepening
 - a. Focus on breathing
 - b. Thought entrainment
 - c. Progressive relaxation
 - d. Guided imagery
 - e. Counting down
3. Depth check
4. Suggestions for experience/regression
 - a. Creating Expectancy

Regression Phase

1. Experience/regression
 - a. Lead with feeling
 - b. Amplifying
 - c. Leading & following
 - d. Looking for opportunities to bring in client questions
 - e. Emotional clearing/higher self-guidance

Post Regression Phase

1. Post-hypnotic suggestions
 - f. They can come back anytime they like
 - g. There's much more here for them
 - h. Whatever has been helpful will stay with them
 - i. Anything else will stay behind
 - j. More will come
2. Integration experience/hypnotherapy
 - a. Waterfall of light experience to balance & center client
 - b. Emphasize releasing what is completed
 - c. Taking in hope, peace & joy
 - d. Good things are coming/it's a wonderful time to be alive
3. Counting them back
 - a. Reinforce post-hypnotic suggestions

*****Note that suggestions & depth checks are weaved throughout**