

Regression Hypnosis Certificate Training Manual

Instructor:
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Edgar Cayce himself recommended hypnosis as a tool for healing and transformation. He advised that “the study of self...may best be done by suggestive forces to the body through hypnosis.”

Table of Contents

Teacher Bio.....	4
Introduction to Regression Hypnosis.....	5
History of Hypnosis and Trance States.....	9
Group Past-Life Regression Script.....	22
Introduction to Reincarnation: “How did we get here?”	28
Processing Emotion, Memory, and Hypnotic States.....	32
Induction Techniques.....	46
Age Regression.....	51
Methods for Deepening.....	54
Importance of the Interview.....	65
Regression Expectations Form.....	69
Dominant Senses Test.....	70
*Client Intake Form.....	71
Is Regression Appropriate?.....	72
Outline of Regression Process.....	74
Consent Form Sample.....	79
Model for Interview.....	80
Other Methods for Induction.....	81
More Deepening Techniques.....	96
Using Non-Directive and Directive Questioning.....	98
Regression used for Healing.....	99
Essential Factors for a Regression.....	100

Definitions used to Describe Past-Life Process.....	102
Evaluation of a Session.....	105
Using In-Between Life Experiences.....	106
Demonstration Past-Life Regression Notes.....	107
Managing Trauma (Abreaction).....	108
The Healing Process and Mind, Body, Spirit Connection.....	109
Notes: Past Life Regression Demonstration.....	110
Using Regression Techniques Professionally.....	111
Learning Check.....	112
More Key Points/Using the Script.....	114
Book Suggestions.....	124

Attachments: Circulating File-Hypnosis: Edgar Cayce and Script

Other Sample scripts can be found in: Script Magic, By Allen Chips



Karen Armstrong, MA, MHT, and Life Coach, is a lecturer and staff member at the A.R.E. She has created a series of “Hypo-Healing” lectures and workshops for the A.R.E. that have become quite popular! Karen is a retired teacher and professor. She was Teacher of the Year in Kentucky in 2006!

She came to Virginia Beach to study the Cayce material and to be of service to the A.R.E. Now, she is the Member Services Manager. Karen has a Bachelor’s degree in both Psychology and Spanish and a Master’s degree in both Teaching and Teaching English as a Second Language.

She has been conducting past-life regressions for six years. She was certified at the A.R.E. for past-life regression and teacher training and from NATH National Association of Transpersonal Hypnotherapy (MHT, Master Hypnotherapist). During her life coaching certification class, Karen became interested in hypnotherapy by searching for her soul purpose. She is fascinated by how the brain works and how it can filter information and create new pathways to help people heal present life and past life trauma.

Karen has a book sold in our bookstore, [Angel Eyes: Releasing Fear and Following Your Soul Path](#). It touches on how past-life regression has changed her life! She is now working on a book research project involving soul groups and their life purpose. Karen aims to “turn on the light” or awaken the soul of students by learning past-life regression!



Introduction to Regression Hypnosis

What is Hypnosis?

- ✚ It is the trancelike state of altered consciousness that resembles sleep, but is induced by a person whose suggestions are readily accepted by the subject.
- ✚ Allows you to be open to suggestions to change your perceptions, sensations, emotions, memories, thoughts, and behaviors
- ✚ It is the suggestibility of the mind that is achieved between wakefulness and sleep.

Clinical-Script using triggers to change behaviors (client does not talk)

Age and Past-Life Regression-After a person is relaxed, the client shares what is happening (hypnotherapist can clear any thought pattern and it can be released.)

Future progression-client shares possibilities based on what they want to know

Myths about Hypnosis

Countering Myths and Misconceptions

- ✚ Myth: People in hypnosis lose control
- ✚ Myth: They can be made to say or do whatever the hypnotist wants
- ✚ Myth: People may not be able to come out of hypnosis
- ✚ Myth: Hypnosis affects only weak-willed or gullible people
- ✚ Myth: Hypnosis reliably enhances the accuracy of memory
- ✚ Myth: Hypnosis depends primarily on the skill of the hypnotist

Urban Legends and the Truth

Legend: You go “under hypnosis. ”

Truth: It is a state of consciousness that you go “into.”

Legend: When you are in hypnosis, you surrender your free will.

Truth: Hypnosis is a heightened state of concentration and focus. When you are in hypnosis, you maintain your personality and free will.

Legend: When you are in hypnosis, the therapist controls you.

Truth: All hypnosis is self-hypnosis. A hypnotist is a guide, a facilitator. The “inner voice” is the voice of self-hypnosis.

Legend: With hypnosis you lose consciousness or suffer from amnesia.

Truth: People who are in a deep hypnotic state can dissociate enough for surgery and tooth extraction. However, you must desire this (you can feel pain under anesthesia if you want to or expect to).

Legend: You can be put into hypnosis without your consent.

Truth: Successful hypnosis depends on your willingness to experience it.

Lack of Responsiveness to Hypnotherapy

- ✚ Severe anxiety, fears, trauma
- ✚ Severe behavioral or relationship issues-abuse
- ✚ Severe chronic pain or illness (tumor growth-does not believe in doctors)

*Important to understand that regression can be helpful for mild cases, but major depression, mental illness, or life threatening illness, you should give a referral. *Bi-Polar Disorder and heart disease

If in doubt, refer them out!!

- ✚ Have a list of referrals ready!
- ✚ Most of these issues can be resolved in the first contact even before the interview.



History of Hypnosis

Hypnosis and Edgar Cayce

Edgar Cayce never made a distinction between mesmerism and hypnosis. In fact, he seems to use the terms interchangeably. The Edgar Cayce readings would seem to agree that hypnosis involves a distinct altered state of consciousness, which can be induced in an interpersonal relationship by a trained hypnotist, or can be self-awakened (that is what Cayce did).

*Research psychology tells us that the induction of the hypnotic state requires a belief or acceptance on the part of the participant.

Modern Definition of Hypnosis

What we now call hypnosis was first described by James Braid (1843) the "Rationale of Nervous Sleep, Considered in Relation with Animal Magnetism." To distinguish his views from those of mesmerism, he named the state of nervous sleep hypnotism and substituted fixation of a luminous object, a variant of Faria's old induction technique, for the mesmerists' "magnetic passes."

Between 1848 and 1875 magnetic healing became increasingly involved with mediumistic spiritualism and stage demonstrations. When Braid died in 1860, "magnetism and hypnotism," as Ellenberger (1970) points out, "had fallen into such disrepute that a physician working with these methods would irretrievably have compromised his scientific career and lost his medical practice." It is unfortunate that throughout the long history of hypnosis and medicine, hypnosis has been the favorite whipping boy of those who defend the value of psychological and placebo therapy, while denying the obvious correlation of these therapies with hypnosis (Kroger, 1977). "All sciences alike have descended from magic and superstition, but none has been so slow as hypnosis in shaking off the evil associations of its origin" (Hull, 1933, p.18).

Braid's linking of hypnotic phenomena to brain physiology, development of a straightforward, less mystical induction technique, and introduction of a

terminology that was more acceptable to the medical and scientific establishment helped prepare the way for the eventual use of hypnosis in research on psychopathology. However, it was not until 1955 that hypnosis was approved by the American Medical Association as a viable treatment option. Milton Erikson (not to be confused with Erik Erikson, a student of Freud) used self-hypnosis as pain therapy for himself and “brief therapy,” the use of therapeutic story, metaphor, and hypnosis, in his psychiatric practice. Erikson is notable for encouraging resistance to trance and metaphor-based hypnosis.

American Psychological Association's Definition of Hypnosis

According to the American Psychological Association (APA) Division of Psychological Hypnosis, hypnosis is a procedure during which a health professional or researcher suggests while treating someone that he or she experience changes in sensations, perceptions, thoughts, or behavior. Although some hypnosis is used to make people more alert, most hypnosis includes suggestions for relaxation, calmness, and well-being. Instructions to imagine or think about pleasant experiences are also commonly included during hypnosis. People respond to hypnosis in different ways. Some describe hypnosis as a state of focused attention, in which they feel very calm and relaxed. Most people describe the experience as pleasant.

History of Hypnosis

Trance techniques have been used for thousands of years. For example, in Egypt a physician would work with a priest (perhaps a counselor?). As the physician worked on the patient physically, the priest would focus on the psyche and soul of the individual. This is a mind-body model similar to modern models. From the Temple of Imhotep to Acephelus, trance has been used in healing for thousands of years. Additionally, in Greece, oracles would build their temples on volcanic sites, where gases such as methane induced hallucinations. The oracles’ predictions were often made in this altered state (Barlow and Durrand, 2010).

From Mysticism to Hypnosis

Hippocrates (460-377 BC) stated that psychological disorders were a function of the brain. He recognized the importance of psychological and interpersonal factors in psychopathology, including “family stress” (Barlow and Durrand, 2010).

Around 1771, a Hungarian named Maximilian Hell (1720–1792) was using magnets to heal. He was the director of the Vienna Observatory and an ordained Jesuit priest (Hell was also a member of the Swedish Academy of Sciences and has a crater on the moon named in his honor.) One of Father Hell's students was a young medical doctor from Vienna named Franz Anton Mesmer.

Born in Swabia, Germany, in 1734, Mesmer was reportedly a personal friend of Mozart. Mesmer used the power of suggestion to “cure” illnesses in the eighteenth century. The Austrian physician referred to his ability as a type of “animal magnetism.” Mesmer believed that illness was caused by obstruction of the free-flow of life processes, and as a conductor of animal magnetism he was able to help restore the natural process. In 1774, Mesmer actually had a patient swallow iron and used magnets to “heal” her. In 1775, Mesmer was unsuccessful in curing the blindness of a young musician, and in 1777, scandal and embarrassment caused him to leave Vienna and flee to Paris. The evolution of Mesmer's ideas and practices led James Braid to develop the concept of hypnosis in 1842. Although Mesmer's abilities have since been discredited, he is immortalized in the verb to mesmerize.

The Age of Enlightenment

In 1784 in Paris, a Royal Commission submitted its report on mesmerism. The chairman of the committee was the American ambassador to France, Ben Franklin. He was the period's reigning expert on electricity.

Foundation point: This type of “faith healing” can still be seen in the present at some charismatic healing services. 16 The French chemist, Antoine Lavoisier, and Dr. Joseph-Ignace Guillotin (yes, the inventor of the guillotine) were also on the committee.

The commission, though it recognized the reality of mesmerism, concluded,

“the theory which Mesmer maintains of the existence of a special magnetic 'fluidism' has to be ascribed to the power of human imagination.” The commission forbade French doctors to have anything to do with mesmerism, and a second commission came to similar conclusions.

Evolution of the Field

In the early decades of the nineteenth century, mesmeric techniques continued to be practiced by some. It was Dr. James Braid who not only gave us the modern term hypnosis but from his hospital work also reached a critical insight about the nature of hypnotic technique. While agreeing that no magnetic fluid was involved in the process, Braid reaffirmed that something significantly therapeutic was involved. In an effort to separate this phenomenon from theories of animal magnetism, he asserted that the concentration of attention in a single focus was the major factor in stimulating the hypnotic effect.

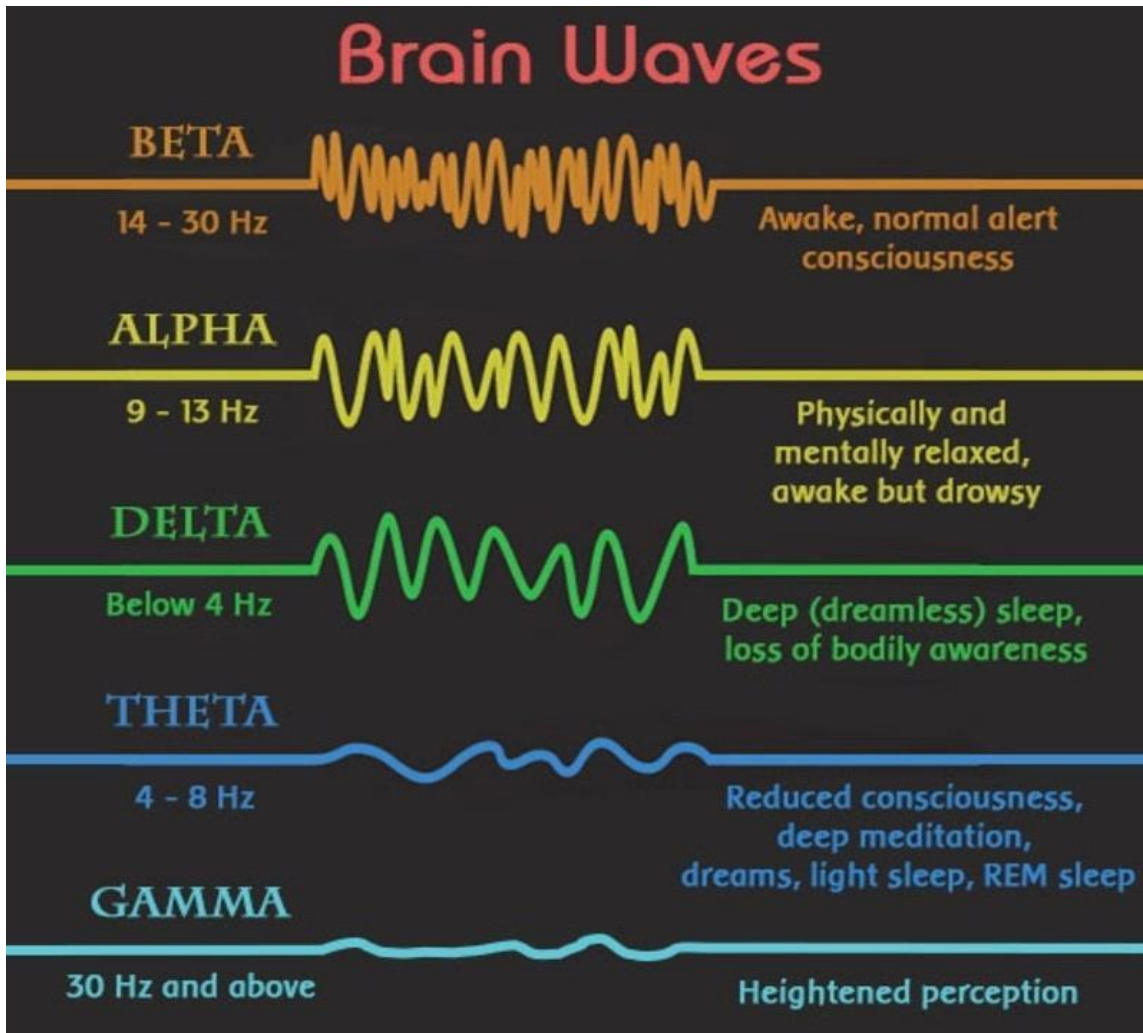
Moving Toward Modern Hypnosis

The late nineteenth century saw a reawakening of great interest in hypnosis. Sigmund Freud learned of the techniques during visits to France and was impressed by the possibilities of hypnosis for treating neurotic disorders. Freud began to use hypnosis to help some of his patients remember disturbing events from the past. As his system of psychoanalysis began to take shape, however, he rejected deep-state hypnosis in favor of the technique of relaxed free association. This may have been at least partly due to difficulties he encountered in hypnotizing certain patients and his belief that free association was faster.

Where Are We Today?

In the twentieth century there has been an impressive amount of experimental research with this hypnotic phenomenon. However, there is no one theory that is universally accepted by practitioners.

Hypnotic Technique and the Brain-EEG (Electroencephalograph)



Beta-the normal conscious, awake state-emotional sensations felt

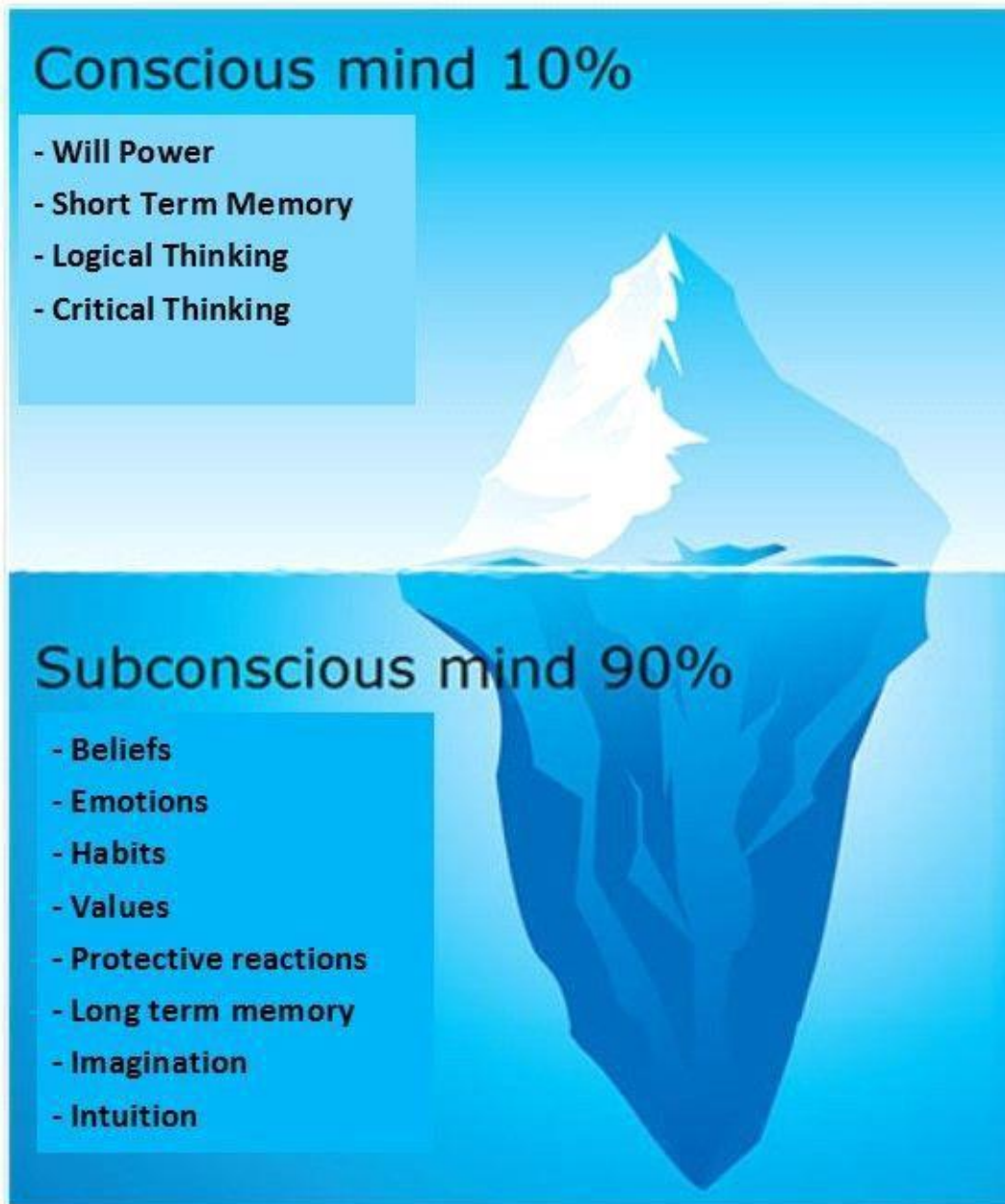
Alpha-beginning relaxation, high frequency, low amplitude brain waves. Relaxed, but alert. Sense of well-being, pleasure, tranquility

Alpha-Theta- mental imagery, visualization

Theta-tranquility, very deep relaxation, daydreaming

Delta-The state between consciousness and sub-consciousness, where a person connects to a higher spiritual force

Gamma-Greater in Shamanic practices; heightened sense of awareness and thought



In hypnosis, we will be tapping into the subconscious or unconscious mind to access information.

The Conscious and the Subconscious Mind

The conscious part of the mind is that with which we reason. The conscious is aware. More specifically, the conscious is that portion of mental life, proportionately quite small, of which the person is aware at any particular moment. The content of our consciousness is extremely transitory, constantly in flux, even though it appears to be a continuum during non-waking life. It is analytical-- able to break down into understandable parts.

The subconscious, consisting of the preconscious and unconscious mind, is neither critical nor analytical. Nor is it rational. It tends to accept and store the information it receives as absolute truth.

The subconscious is the unaware, un-awakened mind, in which mental processes take place without conscious perception by the person.

The subconscious is mechanical. Automatically, it will work to achieve what is programmed into it. When programmed for success, it will function as a 'success-getting mechanism'. When programmed for failure, it will be equally effective in obtaining negative results. What has gone before past conditioning, experience, and beliefs-- has already been accepted as truth by the subconscious. Classical Freudian psychoanalytic theory holds that one way to change these beliefs is to uncover to the conscious what they are -- to make the unknown known.

Hypnotic theory, on the other hand, maintains that no knowledge of the past is necessary. In order to change a subject's present behavior or replace it with a different behavior, all that is required is to present the subconscious with new suggestions that are: (1) reasonable, (2) acceptable, and (3) in the best interests of the subject.

Knowledge on the part of the operator, or hypnotherapist, of a subject's previous conditioning, is not necessary. The subconscious already knows what it knows. When offered a reasonable, acceptable and beneficial alternative it will free itself from earlier, negative programming.

The subconscious may also be the site of extrasensory perception

–our sixth sense. The subconscious is a mechanism of tremendous power. One of the primary benefits offered by hypnosis is its ability to direct that power toward positive results.

Benefits of Regression Hypnosis

- ✚ Traditional Therapy is largely cognitive.
- ✚ Regressions are: emotional, experiential, and spiritual
- ✚ Regressions address the deeper core of ourselves. (soul-purpose)

Nature of Regressions

- ✚ Emotional-present life/past lives are stored emotionally
- ✚ Experiential-access the Akashic records
- ✚ Spiritual-healing comes from achieving oneness

Vibration rises through regression and healing occurs:

- ✚ Illness and pain come from spiritual separation.
- ✚ Healing comes from spiritual reconnection.

Clinical Hypnosis vs. Regression

- ✚ Clinical Hypnosis is directive and Regression is non-directive.
- ✚ Edgar Cayce-Hypnosis can cure anything that is not Karmic.
- ✚ Regression addresses Karma, awakens you to patterns, to oneness and inspires spiritual behavior change.
- ✚ Clinical Hypnosis-hypnotherapist talks
- ✚ Regressions-Client shares experience

Trance States

- ✚ Normal
- ✚ Common

- ✚ Happen every night
- ✚ Safe
- ✚ Familiar

Signs of Trance

Physiological

- ✚ Eye lids tremble or flutter when closed (R.E.M.)
- ✚ Eyes become glassy and red, a fixed stare when open
- ✚ Actions slow or cease for long periods of time
- ✚ Limp facial muscles, expressionless
- ✚ Pause before responses
- ✚ Speech is quiet, slowed, and slurred
- ✚ Excessive salivation and swallowing
- ✚ Slowed respiration
- ✚ Slowed heart rate
- ✚ Increased galvanic skin response
- ✚ Decrease in metabolism
- ✚ Decrease in blood pressure* (Be aware of heart failure!)
- ✚ Predominant alpha and theta brain-wave patterns
- ✚ Involuntary physical movements
- ✚ Reddening of the face and chest (skin flush)

Psychological

- ✚ Enhanced memory capabilities
- ✚ Feelings of peacefulness and calmness
- ✚ Sensations of extreme heaviness
- ✚ Feeling immobile (can't move limbs)
- ✚ Sensations of floating or weightlessness
- ✚ Tingling sensations in the hands or feet
- ✚ Hyper-awareness (all five senses awakened)
- ✚ Enhanced imagery (in the mind's eye)
- ✚ Feeling a sense of detachment (dissociation)
- ✚ Time distortion—underestimating/overestimating time* (good check—usually the feeling of time slowing down)
- ✚ Spontaneous psychological manifestations
- ✚ Disinclination toward awakening
- ✚ Feelings of numbness

Ability to be Hypnotized

- ✚ Most people are mildly to moderately hypnotizable
- ✚ Hypnosis can improve with practice
- ✚ People can experience at different depths
- ✚ Dr. Brian Weiss said it can take 8-10 sessions to become successful.

“The Imagination is the bridge to the psychic.”

-Edgar Cayce



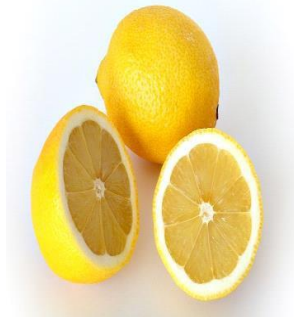
The Lemon Test

Close your eyes and imagine yourself cutting open the juiciest, yellow lemon! Vision yourself putting the lemon on the cutting board, taking out your knife and cutting the lemon in half, quarters, eighths... Notice how the lemon looks, feels, sounds like when cutting...

Now, put a piece of the lemon to your nose. How does the lemon smell?

Take a little bite of the lemon... What happens? What did it taste like?

Note the senses you were able to capture:



Group Past-Life Regression Script
(Start reading here)

Before we start, make yourself comfortable in a place where you can be fully relaxed.

Now that you are ready, just look forward or upward, you don't need to look at anything specific, and I am going to count slowly downward from ten to one. With every descending number you can just slowly blink your eyes, as in slow motion, with every number, and at the number one, you will reach your own natural level of relaxation.

Ten, Nine, Eight Seven Six Five Four Three Two
And one.

That's good, do it nice and slowly. That's good,
(2-second pause),

You remember how to achieve your own deep level, so just take your time and completely relax your body. A part of you is always aware and a part of you is already relaxed, perhaps more relaxed than you have been for a long time.

It's okay to let go; it's okay to trust. It's okay to go very deep now (*pause for a few seconds*). You are in complete control at every level of your mind, so you can accept or reject anything, which is given to you here today. This is something that you do; no one else can do it for you. You are the one who does it.

So just take your time and completely and safely enter the very deepest level of centering..., the level of inner peace. My voice can accompany you as a silver cord on the journey you will take, the

journey to your vision quest, the center of your being, that holy place deep within.

You are aware, yet so very relaxed. All sounds seem only to help you to become more and more relaxed, more still, more quiet, as you begin to open yourself to the Divine, to the Christ spirit, to the consciousness and the light that is deep within you. As you open in trust, you can picture a light at the very top of your head, at the crown chakra. Imagine a light at the very top of your head. It can be white, golden, or it may have a color. There may also be a vibration or a sound associated with this light. Allow the light to fill your crown center. And as you breathe in, bring the light in through the top of the head, bring it in and fill this spiritual center.

(Pause for 1 minute)

Allow the light now to go to the third eye, the area of the forehead. Note any sound or color or vibration associated with this spiritual center, as you fill this center with the light.

(Pause briefly)

As you breathe in now, bring the light to the will chakra, filling the throat center with the light, the light of protection, and of strength. Bring it to the will center.

(Pause)

Again as you breathe in, bring the light to the heart chakra, opening the heart. Note any sound or color or vibration associated with the opening of the heart, opening to trust, to the Divine.

(Pause)

Again, breathe in and bring the light to the solar plexus, filling this center with the light.

(Pause)

Now bring the light to the center of Lyden, called the seat of the soul, just below the navel, filling this spiritual center with the light as you open the soul center in patience and trust.

(Pause)

Breathe in again and bring the light now to the foundation chakra, filling this spiritual center with the light, with the vibration of harmony.

(Pause)

Now allow the light to permeate throughout your entire body, going to the extremities, all the way out to the hands, the feet. Allow the light to reach beyond the physical body, filling your aura, filling your energy field with the light of protection and strength. Now prepare yourself to take the journey, the sacred journey to the very center of your soul, the vision quest to that holy place deep within, through the dimension of timeless-time to the sacred records of your soul to the holy source, to you. You may have taken this journey before, in trust. You take it now to learn, to understand, and to experience.

You see yourself as a tiny dot, out of your physical body, which lies inert before you. You find yourself oppressed by darkness and a feeling of terrific loneliness.

(Pause)

Suddenly you are conscious of a white beam of light. As this tiny dot, you move upward following the light, knowing that you must follow it or be lost.

(Pause)

As you move along this path of light, you gradually become conscious of various levels upon which there is movement. Upon the first levels there are vague horrible shapes, grotesque forms such as one sees in nightmares.

(Pause)

Passing on, there begin to appear on either side,

Misshapen forms of human beings with some part of the body magnified.

(Pause)

Again, there is change and you become conscious of gray hooded forms moving downward.

(Pause)

Gradually, these become lighter in color. Then the direction changes and these forms move upward and the color of the robes grows rapidly lighter.

Next, there begin to appear on either side vague outlines of houses, walls, trees, etc., but everything is motionless. As you pass on, there is more light and movement in what appear to be normal cities and towns. With the growth of movement, you become conscious of sounds, at first indistinct rumblings, then music, laughter, and the singing of birds. There is more and more light, the colors become very beautiful, and there is the sound of wonderful music. The houses are left behind; ahead there is only a blending of sound and color.

(Pause)

Quite suddenly, you come upon the hall of records. It is a hall without walls and without ceiling. You are conscious of seeing an old man who hands you a large book, your book of life, your book of God's remembrances. You accept the book from the old man, holding it in your hands. Please look at the book, see if there is any writing, and note its color. Without even thinking about it, please begin visualizing about the records themselves, but do not read from the book yet. [Pause and allow the person to describe the records or book(s)]

You may ask for help at this time if you need it for translation or for opening the book; How do you perceive the information from your records? Is it spoken? Do you read it in some way? How is the information conveyed to you? Read it and understand the message that is communicated to you.

(Pause)

Without thought or evaluation, putting self aside, simply allow the information to come, as fast or as slowly as it wishes. In the first, second, or third person, please begin now to relay the information as it is given to you. (Long pause to allow the information to be received)

Thank you very much. Now please look at your soul's records again and tell me of any past lifetime that has a bearing on the present life. What is the great lesson of that life? Without thought, without weighing the information, please begin when you are ready.

(Pause)

How can you best utilize this lesson in the present life?

(Pause)

Now you may ask your soul's name - and it is given to you.

(Pause)

What is the meaning of your soul's name?

(Pause)

Thank you very much. Do you have any further questions to be asked, any information to be relayed or guidance to be given? Otherwise we will begin the returning procedure.

(Pause)

Thank you very much for the healing of the past and for the great adventure ahead.

Return to the records now and thank the keeper. As you return the records: and as you thank the keeper, you are given a great blessing. This blessing is the blessing of strength, of purpose, of purity. You radiate the pure light within you, the pure light of holiness, the pure light of purpose. I will be quiet now as this great blessing is bestowed upon you, as you accept it in the fullness that is given. *(Pause)* Accept the gift now and prepare for the return journey through the levels, bidding farewell to the keeper.

Return now through the level of the blending of sound and color, returning through the level of music, laughter, and the singing of birds, returning through the level of what appear to be normal.

You see cities and towns, continuing through the levels of the vague outline of houses, walls, trees, etc., through the level of the gray hooded forms, through the level of misshapen forms of human beings and the grotesque forms, such as one sees in nightmares. Return through the first levels and see the beam of light passing through the darkness and terrific loneliness into your physical body that lies before you. Enter your body at the foundation chakra, normalizing and healing this spiritual center. Coming up slowly, normalize and heal the Lyden center, balance and harmonize the solar plexus, harmonize the heart chakra. Balance the will center, the throat chakra. Harmonize the third eye and then the crown chakra. In addition, if you wish to close the crown chakra more fully, you may take either hand and place it on top of your head. If any other center needs additional balancing at this time, you may place your hand on that center.

(Long pause)

In a little while, when you awaken, you will be wide• awake, refreshed, realizing that you have done so very well here. You have accomplished much. Now I will count from one to ten. At the count of ten you can open your eyes, be wide awake, feeling fine, well, happy, balanced, having done so very well.

One, Two,

Three, Four, Five, Six.

(Coming back in fullness now).

(Reorient yourself into the present time and place).

(You may wish to move your hands, feet, or neck). (Coming up now).

(Feel the circulation returning to the extremities).

Seven, (Coming up to your full potential). Eight.

Nine, (Reenergized). And ten... Slowly open your eyes.

Reincarnation

How did we get here?

The history of each soul--the cumulative total of lives spanning many centuries, is recorded in the person's subconscious mind. Many of us have no conscious memories of such past events; yet, the associated emotions, talents, and behaviors have a direct and profound effect on our lives. Gaining access to those records can be the adventure of a lifetime! We talk about the mysteries of the mind but only a few people get involved with the investigation. Some people are skeptical of the concept of past lives and of the influence that past events have in the current life of the individual. They seek empirical evidence. Trying to prove through the senses or by logic the authenticity of past lives is like trying to prove the existence of love.

Most people will agree that love exists; yet, they cannot explain the feeling of love for another person-- they cannot identify which of the five senses can be used as evidence. Although you might not be able to prove the existence of love, you continue to experience it. Perhaps it is not necessary to prove love in order to share its benefits. It is the experience, not the proof, which is important.

Generally, when someone asks you to prove your love, you tend to think in terms of physical acts you could perform for that person. Those two notions are unrelated. You can do something good for a person without having much genuine love. Past-life memory, like love, is an experience to be enjoyed and to be embraced for growth and spiritual development.

Critics question whether the retrieving of past life memories is authentic. The names, places, and dates may have been accessed from existing records. They also add that so-called memories come from the imagination or fantasy. In some instances, that opinion might be accurate; however, the reports of so many people who believe that their recollections must have come from past lives have led therapists and researchers to accept the idea that we have had many lifetimes on earth. Events can be authentic without being recalled at will. One reason for the

belief in the theory of past lives is the need to learn the multiple lessons on the journey toward wholeness. Some traditional therapists find the idea of past-life regression to be too implausible or radical to warrant attention. Others hold the position that people have only one chance to succeed but, nonetheless, accept their clients' beliefs in the continuity of life. Another group acknowledges the concept that we live multiple lives and that earth serves as a school with progressive experiences and credits. Members of this latter group who practice past-life therapy are called Regressionists or Regression Therapists. Among the three groups of therapists, there is a difference in focus regarding the embracing of new ideas about the way we perceive existence and the complexity of mind.

One interesting criticism regarding the acceptance of past lives: too many people assert that they have had previous existences as famous people. In our many combined years of active regression and past life exploration, we have not had a client report being a person who was famous. Regression therapy generally reveals people doing everyday activities, living lives, which are normal for the times, and reporting or re-living emotional experiences related to the development of their personal and spiritual lives.

Since the information the client shares usually is tied to strong emotions, it is not wise to break the continuity of images and impressions to obtain other personal data.

Some examples of spiritually focused questions are:

- How did you gain and grow in that life?
- How did you lose or what could you have done better?
- What caused the most sadness and hurt?
- What brought you the greatest happiness and fulfillment?
- What did you learn or experience in that life that you could bring back with you to help you in your current life?

The past-life record of who you were on the inside-your individuality-is much more important than who you appeared to be on the outside. By analogy, if you dress in a costume for a Halloween party, do you become the person whose type of outfit you are wearing? Of course not! The outer garb creates an illusion. On the inside, you are yourself. The actor, too, portraying a role for a specific amount of time, maintains personal integrity. Your outward appearance in a past life is of minor importance.

Your soul's memory is your true wisdom. How well did you serve humanity? How close did you come to fulfilling the purpose for which you came to earth? Did you work to bring yourself and others closer to God? The above questions, significant in understanding how you learned and what you learned, seem to be more important than the data of who, where, and when. The progress of the soul toward attunement with God is the measuring rod by which we view a lifetime.

Bringing your personal record to conscious awareness adds a significant chapter in the history of humanity. Each life contains sections of splendor and tales of travail. There are pages of wonder and growth and there are episodes of loss. Such experiences are natural components of the cosmic drama called life.

Regression exercises are gifts to refresh your memory. They are like pieces of a complex puzzle that you fit together, carefully, and patiently, to view a full panorama of your soul. Regression work is a process rather than a product.

In past-life regression, we explore the mysteries of the inner self, the subconscious mind, where the soul's history is recorded. Most people are apprehensive about embarking on this journey without a guide, a regressionist, who understands the science of exploring and who has studied the mysteries of the human mind. The client is an investigator who makes use of the skills of a guide. As an analogy, a rock hound who is going to do significant collecting of some minerals would hire a guide who has a map and who knows the territory. Without a guide, an inexperienced person could spend many hours, days, or weeks without much success. Eventually, of course, it becomes easier to recognize the indicators for locating the minerals you are seeking. Similarly, the art/science of exploring soul memories is assisted by the services of a guide until the seeker learns the ways of recognizing which path is best for spiritual growth.

To use another analogy, the work of regressionists is like that of an archaeologist who studies the sites and artifacts of prehistoric people. Regressionists are archaeologists who dig through the strata and substrata of memory. They help the client to sift through the emotional, mental, and spiritual potshards, to identify them, and to assemble them into a mosaic. The client is able to recognize a similar pattern in the current life and can begin to understand why life is the way it is. Understanding the past builds wisdom, wisdom builds trust, and trust conquers fear.

Processing Emotion

“When you shut down emotion, you’re also affecting your immune system and your nervous system. So, the repression of emotion, which is a survival strategy, then becomes a source of physiological illness later on.”

-Gabor
Mate’

Get Comfortable with emotion and allow a release

- + Past Life Experiences are stored emotionally
- + Karma is stored in the endocrine system/chakras

Big Ideas

- + Experiences from previous lives have an influence upon you in this life.
- + Our soul memory is recorded in the Akashic records
- + Anything not Karmic can be cleared in hypnosis
- + We are using hypnosis to move from ego consciousness

Notes:

HYPNOSIS RESPONSIVENESS QUESTIONNAIRE
Hypnosis Institute of Texas

1. Have you ever been hypnotized? _____Y _____N
2. Have you ever seen anyone hypnotized? _____Y _____N
3. Do you believe hypnosis can help you with your problem? _____Y _____N
4. Have you ever walked or talked in your sleep? _____Y _____N
5. Have you ever awakened in the middle of your sleep state and felt like you could not move or speak? _____Y _____N
6. Are you a trusting person? _____Y _____N
7. Do you have a vivid imagination? _____Y _____N
8. Do you daydream or involve yourself in fantasy? _____Y _____N
9. Are you able to concentrate on an idea or thought? _____Y _____N
10. Do you feel comfortable being touched by someone you trust? _____Y _____N
11. Are you open to new ideas? _____Y _____N
12. Are you able to follow directions or instructions? _____Y _____N
13. Are you able to get in touch with your emotions easily? _____Y _____N
14. Do you believe it is possible for a person to be healed by the power of his/her mind? _____Y _____N
15. Have you ever wished you could avoid taking medication? _____Y _____N
16. Do you enjoy reading fiction and get involved in the story? _____Y _____N
17. Are you a religious or spiritual person? _____Y _____N
18. Do you find talking about the supernatural fascinating? _____Y _____N
19. Have you ever meditated? _____Y _____N
20. Are you able to sit or lie still for a long period of time? _____Y _____N
21. If you were to imagine sucking on a sour, bitter, juicy yellow lemon, would your mouth begin to water? Y N

If you answered yes more than no, then you are definitely hypnotizable.

Examples of Patterns

- ✚ Life Purpose
- ✚ Abandonment
- ✚ Relationship dynamics
- ✚ Block in psychic gifts or remembering talents

Signs of Hypnosis

- ✚ Facial relaxation
- ✚ Hand drop
- ✚ Shallow breathing
- ✚ Eye fluttering

Regressionist's Job

- ✚ Help with delivery (conductor)
- ✚ Create a sacred space of trust and compassion
- ✚ Get into their story

Not Responsible For:

- ✚ Outcomes (They have free will.)
- ✚ Leading to answer
- ✚ NOT your job to give advice...

Using Three Types of Memory

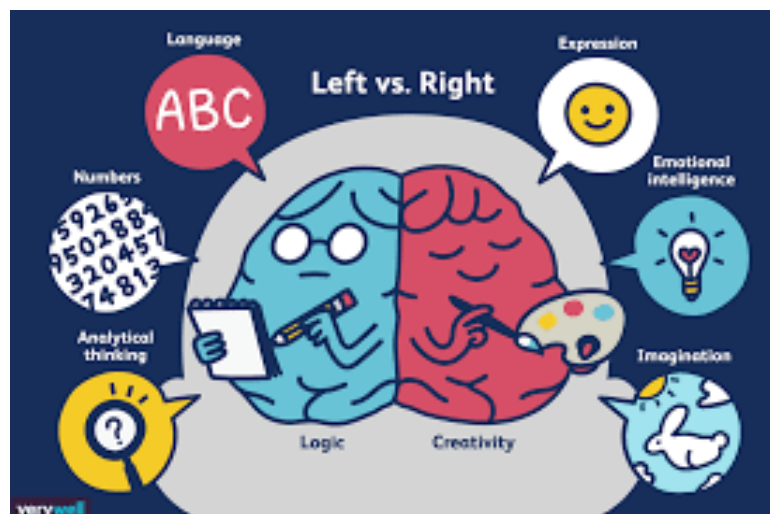
- ✚ **Sensory**-What you perceive... A handheld sparkler, your eyes perceive a trail of light
- ✚ **Short-term memory** (current life)-learn lessons, not repeated enough
-not enough duration or small amounts of information
- ✚ **Long-term memory** (events from the past)-grow from learning lessons
-Making connections

Right and Left Brain

- ✚ Enhanced imagery (in the mind's eye)
- ✚ Feeling a sense of detachment (dissociation)
- ✚ Time distortion—underestimating/overestimating time
(usually the feeling of time slowing down)
- ✚ Spontaneous psychological manifestations
- ✚ Disinclination toward awakening
- ✚ Feelings of numbness

Keep in mind when asking questions during session

- ❖ Right Brain-emotional, musical, creative
- ❖ Left Brain-logical, analytical, and orderly
- ❖ Both may use senses differently during a session



Do not forget to:

- ✚ **Protect your space and “bubble you and your client”**
 - ❖ Have them stop at a time where the issue happened
 - ❖ If there is extreme emotional response, Say, “When I count to three, the experience is over.” Bring them to another significant time, or time just before to process
 - ❖ Be sure to use spiritual healing in the script
 - ❖ Ask for guidance from the spiritual realm...angels, guides, family

Healing may take time

- ✚ More shadow work to do
- ✚ If trained, offer clinical hypnosis for additional clearing (release fear, habits...)

***Count up for putting someone in a trance, count back to bring them out.**

How Hypnosis Can Sort out Memories

I. Introduction

Have you ever had an experience in which you were looking for something and could not find it? You searched and searched. You even looked in places you had looked before. Then you went on to other things and, quite suddenly, you discovered the very thing you were seeking earlier. Memories are sometimes like that; you cannot force your memory; you just allow it to happen. Perhaps you have found that if you give your mind a break, your relaxation will do the work for you.

II. Childhood Memories

While watching children at play, it's so easy to say, "They're imagining things!" Perhaps, they are imagining things, or are they reliving memories? Where do such memories come from?

Do you remember playing as a child....making up things? Of course, you do; however, if you think back you might realize that some of those made-up playtimes seemed as real as the life you were living every day.

Child's play is a type of trance state. As you played and acted your parts, alone or with other children, who were you? What were you doing? Were you cooking a meal or rocking a child? Were you a queen on a throne or a cowboy on a horse? Did you live in a castle, in a cabin, or in a thatched hut? Were you young or old? Was your skin dark or fair? Were you happy or sad? Perhaps, sometimes, you might have acted the part of a boy or a man; at other times, you might have played the role of a Girl or a woman. It is common for children to switch roles as they play. It seemed real, didn't it? Perhaps, just perhaps, it once was.

Children, particularly those under five years of age, are able to recall past lives easily. Could the childhood creative imagination have been what was happening? Many people have dreams and flashes of memory about other times and places. Such activity is normal and can be very helpful. If you are recalling a past life, you can learn from it. The experience you had at that time can teach you a lesson now, if you will let it happen.

III. Learning from Memories

If you accept the idea that you just might have had past lives, then it makes sense that those lives, the life you are living now, and future lives are all one very long life. You awake (are born), sleep (die), and awake again to learn and to grow. All of your lifetimes are connected as part of a greater life.

If you allow yourself to remember those past lives – or, segments of the whole journey of the soul--, and if you take from them the lessons, skills, talents, and gifts that they contain, each separate life will be enriched. Then, each will be more fulfilling and more useful both to yourself and to others. Past, present, and future are all interconnected. They are ONE. If you choose not to learn your lessons, you might have to face them repeatedly -- in this life and in others – until you learn. Life seems to be about learning, changing, and growing.

IV. Using Two Types of Memory

Since, as a child, you might have been remembering and re-enacting past lives during play, you might begin to think that memory is strong. There are two kinds of memory. Your short-term memory tells you what is happening to you in your current life. (Over the long journey of the soul, a single lifetime can be called short-term memory.). Moment by moment, you have to use it. Long-term memory reminds you about things you learned long ago—even thousands of years ago. From short-term (current life) memory, you can learn lessons now. Long-term memory reminds you of events and feelings from the past and you can grow through learning the lessons.

From an exploration of the past, you can find talents and special skills, which you can bring forward to use now. It is like being an explorer. You are exploring one or more of your lives as an adventure in time! When you explore past lives, you can use a professional guide to help you to find your way and to help you to appreciate what you

There are two ways to use what you find in past-life exploration.

One way is to take what you see and to use it as a form of spiritual discovery for personal development. That method would be called personal exploration. You might find special knowledge or talents that you can use now to help you to become a better person and to add more joy to your life. People around you might benefit from your personal exploration because what you learned from the past allows you to discover new ways of expression. You influence friends, family, and acquaintances because you become a happier, healthier, more successful individual. Your

prosperity increases and your relationships blossom because you are able to bring forward your beautiful parts, which were hidden in the past.

A second way to use what you find in your long-term memory is your ability to look deeply for healing lessons. Time is a great teacher and a great healer. Everything you have learned and stored is waiting to be rediscovered. The answers to problems you are experiencing now could be found by exploring your past-life memories for the wisdom you once had in consciousness but, now, it is stored, seemingly forgotten.

V. Recalling Past Lives

At birth, you had the gift of two types of memory, current life, and past life. You also had the gift of having a veil dropped over the past. That veil can be lifted, should you choose to do so.

Perhaps it is easy for children to recall past lives because their minds are not cluttered by confronting the lessons and challenges of their current lives. By the time children reach adulthood, they will have experienced many things that might cloud past-life memories, including admonishment by some adults that it is only creative imagination. A wise parent who realizes that a child is recalling past life memories can provide encouragement by asking the child to make up a bedtime story. The child's reaction can be surprisingly straightforward. Sometimes, a child might ask, "Do you remember when I was the mommy (or daddy) and you were little like me?" By talking with the child just before sleep, parents can learn much about the past-life experiences that went into the making of that soul's character-their little child.

Parents who punish their child for play-acting what the child believes to be realistic could hamper the emotional and spiritual life of that child who is simply remembering the past. Such an unwise approach on the part of the parents could cause serious problems to develop later as the child develops and must deal with issue rooted in a past life. The freedom to remember is essential.

VI. Traveling through Time: Three Steps

Since the work of memory involves collection and distribution, you should use what you have collected. As an adult, you might have difficulty in recalling scenes because your mind is occupied with many current issues. With the help of a trained professional, significant experiences from past lives can be brought to conscious memory. There are three steps involved in looking back at the journey.

The first step guides you back to any age in the current life. It is called age regression. Regression means examining past behavior to determine its influence on current issues. Perhaps the facilitator will ask you to select any age and to recall a memory from that time period. Usually, when working with a specific issue, the facilitator will ask you to select a time when a similar event occurred or to recall the earliest memory.

Should the source of the issue not be located, you will be guided to go to the second step. After examining the birth process for possible trauma, pre-natal memory, the womb experience is reviewed. Often, you need to go back beyond the womb and to look for a memory of something, which happened before that time. What is recalled at that stage is past-life memory?

Regression guides, facilitators, encourage you, the traveler, to speak without thinking. Such spontaneously uttered memories can be clues, which will take you deeper into past-life memory. The results of the experiences in time travel can be amazing. The healing memories, which you discover, can make your life more meaningful.

At first, when you begin to reach back into the past, you (as many other people do) might believe that you are just imagining things. It seems so because the conscious mind claims to know nothing except that it has gathered as sensory information in the current life. Sometimes current-life memories seem unreal or unclear. The inner mind always remembers. You might have to start with creative imagination because it can serve as a doorway to deep memory. Start with whatever pops into your mind and then let the story tell itself.

VII. Analyzing the Data

Many people wonder if they were famous in a past life. Only occasionally do we find famous personalities who made significant contributions to society. People who say that everybody reports being Cleopatra, Napoleon, Jesus, or Mary have criticized past-life work. Perhaps people who report the experiences actually believe that they have had true memories. Much depends upon the way in which the session is guided. If you are told to go to a past life in which a certain feeling was experienced, then, you might go to any past life, not necessarily your own. Lately, hearing so many past-life stories of people who report a sense of having been Mary, the mother of Jesus, has led facilitators to be more specific in guiding clients through their own souls' journeys.

Your journey is important in understanding your spiritual development. You have the right to learn about your past and to use the knowledge in a positive, helpful way in your current life. When you explore your past lives, you often find that you have reconnected with someone in the present life. Sometimes the roles are reversed; sometimes they are the same. You might recognize friends or relatives. Past-life regression can lead to many happy and interesting discoveries. There can be surprises, too. The soul, the part of us that lives on and journeys on to an earthly life, might travel from country to country and from continent to continent.

In past lives, you had other roles, other professions, and other relationships. You might have been involved in activities other than your current interests. You might have done hurtful things; you might have harmed other people. If so, perhaps your role now is to heal that relationship. A soldier in a past life might return as a doctor who saves lives. Enemies in past lives might become friends. You might have attained a high level of spiritual development; if so, perhaps your role now is to help other people by your example of the positive human attributes. It is all part of the rich adventure of soul learning and soul growth.

VIII. Conclusion

When exploring past lives, it is encouraging to know that you can build upon accomplishments and you can make amends to reconcile past negative behavior and attitudes. You can rekindle past friendships and you can heal old wounds. All possibilities work together to create a more harmonious and fulfilling lifetime.

Nothing is lost. All that you have learned or have gained from past lives travels with you through time to make each lifetime the best you want it to be. Memories can be triggered by what you see, hear, taste, feel, and smell. The sense of smell seems to be one of the strongest doorways. Memories, the records of your experiences, are available to you and they serve to remind you of your past thoughts, words, and actions. Memory is eternal.

Hypnotic States

Non-Susceptibility

Subject fails to respond at all

Light State

Limb heaviness

Eye catalepsy

Partial limb catalepsy

Inhibition of small muscle groups

Breathing is deep, even, and slow

Intense disinclination to move, speak, think or twitching of mouth or jaw during induction

Strong rapport with operator

Heeding of simple post-hypnotic suggestions

Involuntary start or twitch of eyes upon awakening

Personality change

Partial feeling of detachment

Medium State

Trance

Kinesthetic delusions-muscles may be completely inhibited

Partial amnesia Glove

anesthesia tactile

illusions gustatory

illusions olfactory

illusions

Hypersensitivity to atmospheric conditions

Complete catalepsy of the limbs or body

Deep State Somnambulism

Ability to open eyes without adversely affecting trance

Pupillary dilation, fixed stare

Somnambulism

Total amnesia

Systematized post-hypnotic

amnesia post-hypnotic

Loss of eye coordination-uncontrolled movement of eyeballs
Sensations of floating
Rigidity
Lag in muscular responses
Perception of waxing and waning in operator's voice
Body functions (heartbeat, blood pressure, digestion) slowed
Age regression may be induced
Positive hallucinations (auditory and visual) during hypnosis and post-hypnotically
Negative hallucinations (auditory and visual) during hypnosis and post-hypnotically
Dreams may be stimulated by operator, during hypnosis and post-hypnotically, during
Natural sleep
Hyper-anesthesia
Colors may be experienced as sensations

Plenary Somnambulism

Stupor-all spontaneous activity is inhibited

Determining the Depth of Hypnotic State

Aron's Master Depth Rule

Very Light Trance

- ✚ Becoming more aware of your inner workings

Light Trance

- ✚ Dream State
- ✚ Upon suggestion, the subject will be unable to open his eyes (eye catalepsy).
- ✚ The subject is unable to move isolated groups of muscles, such as those of the arms and legs (arm and leg catalepsy). A feeling either of heaviness or floating

Medium Trance

- ✚ Total muscular immobility may be induced-subject will become completely stiff
- ✚ Upon suggestion, subject will be unable to rise from a chair.
- ✚ Selective amnesia: Upon suggestion, subject will be unable to articulate the number between 7 and 9. Glove anesthesia-i.e., analgesia of the hand, up to the wrist. The subject will feel a touch on his hand as though he were wearing a heavy glove.

Deep Trance

- ✚ True amnesia-the subject can be made to actually forget the number between 7 and 9. Analgesia-the subject will retain his or her sense of touch but will be immune to pain. Subject will be able to remain hypnotized even with eyes open.
- ✚ Memory is greatly improved.
- ✚ Subject may have hallucinations involving senses of taste and smell.

Somnambulistic

- ✚ Visual and auditory hallucinations may be induced-subject will see objects which are not actually present.
- ✚ Total anesthesia, either during and/or after trance.

INDUCTION TECHNIQUES

By Gerry
Kein

A hypnotic induction is simply a suggestion or series of suggestions and/or expectations that are intended to allow the subject to bypass their critical factor (conscious mind) and increase their receptivity to further suggestion. So, an induction can range from a single suggestion to a long and involved guided experience. In reality just about anything you can devise could be used as an induction if the expectation is set up that "trance"; will occur.

Below are listed a number of the more popular induction techniques that are used by hypnotherapists. You can take the samples and elaborate on them however is comfortable, putting in pauses wherever they fit for you. You can also string several different inductions together to create one powerful induction.

THE "YES" SET (LEADING PACING)

The "yes" set is a popular method of delivering suggestions. It involves giving the subject a number of statements or questions in which the answer is obviously yes. This puts the subject's mind in a state where it is agreeing with what you say. Then you deliver the suggestion. Pacing statements can be about anything that the subject perceives.

Pacing outer body sensations:

"Just as you can feel the pillow under your head"

"Perhaps noticing the position of your hands on your stomach" "Just as you can hear the sound of my voice"

"And just as you can feel the temperature of the air"

Hint: Avoid using specifics, like colors, temperature and texture. What may be one thing to you may be something else to a subject, i.e. what may be white to you may be gray to someone else, or what may be warm to you may feel cold to someone else. This then causes the person to jump back into their intellect (conscious mind) because they try to reconcile your description with theirs. Keep it general where the answer in their mind's eye is always yes.

Pacing inner body

suggestions:

"Taking a moment now to just notice the feelings of the air as it moves in and out of your lungs" ("moving in" said on the inhale, "moving out" said on the exhale)

Leading statements: (It is good to use a leading statement in tandem with a set of pacing statements

-- Usually 3 pacing statements and then 1 leading statement – can do this more than once) "You can easily allow yourself to drift deeper into relaxation.

"You can allow yourself in your own natural way, to go deep into relaxation and quietness"

You feel yourself drifting deeper and deeper into relaxation"

Physical Relaxation

This is where you will utilize everything in the subject's environment in the induction process: body position, movements, sounds. Any repetitive movement he/she may be doing.

"And now take a minute to feel yourself flying here on the couch, noticing your breath as it easily and naturally enters and leaves your lungs. Hearing the sounds inside or outside of this room. And with each (scratch of your face-swallow-cough) you easily find yourself going deeper into that natural place of relaxation and quietness inside of yourself...."

The Breath

Match your subject's breathing rate and then slowing yours down. If counting down always say the number on the exhalation:

"Counting down now (on the exhale) - 5 - going to that place of quietness and relaxation inside yourself- 4- deeper inside, down to that place of softness and quietness inside of you ..."

Grounding Cords

(Can be whatever you feel the subject can relate to)

Cords of energy, tree roots, ropes, etc.

(It is best to let the subject decide where their cords are connected to them)

"And now imagining your grounding cords going from various points on your body - down into the earth. Centering and grounding you. Feeling that calming earth energy easily and naturally flowing, up into the body now. Calming and soothing the entire body both inside and outside..."

Be nonspecific about the color, as everyone has a favorite!

"Imagining yourself now surrounded by a cocoon/sphere of light --whatever color is right for you. Feeling the soothing and relaxing sensation as it surrounds your body. This is a light of protection and relaxation that will be with you and surround you at all times as you take your journey inward.."

Eye Fixation

Very effective for subjects who are nervous or resistant and are having trouble closing their eyes and entering into trance.

"So I am going to ask you now ... to allow your eyes to open for a moment ... and just to stare out straight ahead with your eyes open ... Just letting the rest of your body be still allowing the eyes to be open (pause).

"I am going to ask you now to open your eyes a little more and to look past your eyebrows, to look now past your eyebrows and to find a spot ... a spot, maybe on the ceiling, or on the wall above your head (pause). I'm going to ask you now to look past your eyebrows, and to stay focused on that one spot (pause). And it's easy for you now as you focus in more clearly ... on the sound of my voice ... It's easy for you now to remain focused on that spot (pause). "Easy and natural to remain focused on that spot ... letting the rest of your body be still ... giving every muscle, every part of your body permission ... to be still now (pause) as you lie/sit here staying focused on that spot ... allowing the body to be still...

The same time that your body sinks deeply ... your eyelids become heavier, heavy and drowsy ... Just focusing on that spot now, staying focused on that spot ... with each number your eyelids will feel a little heavier ... so by the time you hear the number 1 ... your eyelids will be firmly shut ... and your body will be deeply relaxed...

"Starting to count now, staying focused on that spot ... focused on the sound of my voice ... and going deeper (pause) 10, the journey has begun ... there is nothing for you to do now ... 9, just deeper inside ...(down to 1).

IDEOMOTOR PROCESS

Ideomotor questioning is a set of methods and techniques for communicating directly with the subconscious mind. In hypnotherapy you will encounter subjects who may not or cannot verbally express themselves regarding an issue. The issue may be too painful or embarrassing for the subject to discuss. Ideomotor finger response is an excellent way to help the subject process an issue.

The inner mind controls our involuntary responses and by using ideomotor questioning we ask the subconscious mind to convert these responses to a physical reaction. We then amplify these reactions or responses to a point where we can readily see and work with them.

Finger Response Method

Begin your induction and when the subject is in trance ask them to move a finger that would indicate a "yes" response and wait to see which finger moves. Do not suggest a particular finger the subconscious will take care of selecting the

correct finger. When you see the finger move, you may wish to anchor the response by touching the finger (remember to ask permission to touch) and saying "That's right. This is the finger for a 'yes' answer." Repeat the same procedure for a "no" response and for "I don't understand," anchoring each response. You can now ask questions directly to the subject's subconscious. Questions need to be answerable with a "yes" or "no" response and should be phrased as succinctly as possible.

Age Regression

Very Well Health, *Theories About Age Regression and Trauma*, By Brandi Jones

Age regression is when a person reverts to a younger state of mind. They may regress a few years back from their current age or, in some cases, return to a child-like or infant-like state.

Sigmund Freud

- ✚ Considered the founder of psychoanalysis
- ✚ He defined age regression as an unconscious defense mechanism that causes the ego to return to an earlier stage which helps a person protect themselves from trauma, stress, and anger. (This is acting on the conscious level, but not realizing it...)

Carl Jung

- ✚ He saw age regression more positively...as an attempt to achieve childhood innocence, security, love, and trust. His theory was that people revert to an age where they felt safer...

Hypnosis Benefits of Age Regression

- ✚ It helps to activate memories and emotions from an earlier date
- ✚ Emotional models for transformation can be used to clear any negative feelings and replace or reframe the existing feelings.

Controversy in Age Regression

- ✚ False memories
- ✚ Therapists' leading questions/lack of training

***It is better to set the intention for a happy childhood memory where you felt safe if you have not worked on your own trauma.**

METHODS FOR DEEPENING

Periods of Silence

Examples

·I'm going to give you a few moments of silence. During these few moments of silence you'll go deeper and deeper."

"To have you go deeper, I'm going to give you a few moments of silence. During this period of silence, with every breath you exhale, you'll go deeper and deeper into relaxation."

Exhaling

Examples

"Each time you exhale, you will automatically sink deeper."

"With every gentle breath you take, you'll go deeper and deeper in relaxation. As you become more deeply and deeply relaxed, you will continue to hear my voice clearly. The normal sounds of the room will not disturb you. In fact, any sounds will help you to go more deeply and deeply relaxed."

Counting

Counting up or counting down from any number, i.e. 10 to 1. Counting down is preferred because it lends to the feeling of sinking deeper.

Examples

"I'd like you to go more deeply relaxed, and I'll help you to do this. In a few moments, I'm going to count backwards from 10 to 1. With each number you'll go deeper and deeper, more relaxed with each number.

---(Count and say nothing)

--(Count with suggestions of going deeper, 10...deeper and deeper, 9-deeper and deeper relaxed, etc.)

Visuals

Walking steps, riding in a car or train, sailing, going in a tunnel or down a corridor, sliding, etc. –combining counting with hallucinations adds to the effect. i.e., riding down an elevator, going down a floor with each count.

Example

I want you to imagine yourself on a staircase...

You can decorate the staircase any way you want. It's yours. Imagine yourself beginning down the staircase. With every step you take, allow yourself to become deeper and deeper relaxed so that by the time you reach the last step of the staircase, you're completely relaxed. You take the first step, deeper and deeper relaxed. Now the second, more relaxed...

Ideo-Motor Suggestions

Eye catalepsy, arm catalepsy, etc.- see 'TESTS FOR DEPTH'.

Ideo-Sensory Suggestions

Hot and cold sensations, and those affecting the senses -- sound, touch, smell and taste.

Pyramiding

Repeated inductions without awakening.

Fractionation

Hypnotizing, dehypnotizing and re-hypnotizing several times (with suggestions of deepening given each time).

Indirect Suggestions

While the subject is hypnotized, explain what is happening and what is going to happen. Thus, the subject indirectly receives the suggestion.

Feedback

Sensations which the subject feels are fed back to him.

Compounding

Suggest that every move they make and every suggestion you give sends them deeper relaxed.

Example:

"With every breath you take, you'll go deeper and deeper." (Mention this many times to compound the suggestion.)

Post-hypnotic Suggestions

To respond to a signal, to go deeper each time they are hypnotized, etc.

Example:

"From now on whenever you go into hypnosis, you'll go deeper and deeper. That's not because I say so, but because you know how good hypnosis feels and you'll want to."

Realization

Bringing it to their attention that the effect is working and that they are responding.

Example:

"Isn't that interesting how well you're responding?"

Progressive Relaxation

Progressive relaxation is a disguised induction technique, in that no mention is made of hypnosis or trance-only relaxation. It is an extremely effective technique, and one in which almost all subjects feel comfortable, regardless of any fears they may have about being hypnotized.

The following is a suggested script for induction by this method. It is best to use your own words, style and cadence. Use the script only as a guideline and practice the technique until it becomes second nature to you.

If you're feeling safe and comfortable now, I'd like for you to close your eyes, that's good, and keep your eyes closed... Very good. And now you can just let your body relax, just relaxing in a nice, easy way, feeling very comfortable. Now I'd like you to take a really deep breath, good and deep and hold it ... now let it out very s-1-o-w-1-y ... very good, nice and slow.

Now I'd like you to take another breath, a good, deep breath, and s-1-o-w-l-y let that air out ... very good. Once more now, I'd like you to take one more good, deep breath

and hold it ... excellent. Now, slowly let it out, and you can already feel your body begin to relax.

You can let that feeling of relaxation, that warm, wonderful relaxing feeling drift down, all the way down to your feet. You can feel your feet as they become loose and relaxed and limp ... And now you can let this wane, easy relaxation flow upward, up into your ankles. You can let your ankles become loose and relaxed.

From your ankles, you can let the comfortable relaxation flow up to all the muscles in your legs, large and small muscles, all the muscles ... And up now into your knees...And now into your thighs, let your thighs relax more and more Now let this relaxation move into your hips, let them become more and more relaxed ... And now into your abdomen.

With each breath you exhale just let your body go deeper and deeper relaxed ... Just let it go, let it all go.. more and more now... Let this feeling of relaxation. This warm, wonderful feeling, let it gently flow up the muscles of your back. You can feel them relax now ... let all the muscles in your back go loose and limp, just like a rag-doll.

You can let this relaxation flow up into your shoulders now, up and over and through your shoulders and down into your chest ... when you exhale, all the muscles in your chest can just relax, all the muscles relax deeper.

Now let that warm feeling of relaxation flow down, down your arms and into your elbows ... from your elbows into your wrists ...from your wrists into your hands ... down into your fingertips, guiding you deeper and deeper relaxed, just letting go, letting everything go more and more.

Let that wonderful feeling of relaxation flow up the muscles of your neck, relaxing all the muscles in your neck, going loose and limp like a rag doll ... Let the feeling of relaxation flow into your head. Now let that relaxation flow over the top of your head and down, down into your brow. Let all the muscles in your forehead relax, eyebrows relaxed. All the muscles in your eyes can now relax ... more and more relaxed ... You can feel the muscles around your eyes relax and your cheeks ... the muscles in your cheeks relax ... the muscles of your chin... let them relax ... more and more relaxed.

Now you can notice if your teeth are clenched, and if they are, just unclench them now... You can let your jaw relax ... just let it sag now, let it all go, more and more, becoming deeper and deeper relaxed.

Now I'm going to count from 3 down to 1, and on each count let yourself relax more and more ... go deeper and deeper relaxed ... 3 ... Going deeper and deeper relaxed ... 2 ... Going deeper and deeper ... so deep now, so comfortable and relaxed, just letting yourself go ... more and more.

Now any noises you hear other than my voice will not disturb you in any way. In fact, every outside noise helps you to go deeper and deeper relaxed, letting go more and more, completely relaxing.

Now I'm going to count from 5 down to 1, and on each count you can relax more and more. Let the relaxation just double through your entire body, becoming twice as relaxed ... 5 ... Relaxation starting to double ... 4... Very comfortable and relaxed, becoming more and more relaxed ... 3 ... relaxation doubling more and more ... 2, almost double now, in your entire body. ... Relaxation has now doubled in your body, every nerve, every muscle, every tissue doubled in its relaxation, more and more relaxed, letting go, deeper down, further and further.

Now I'm going to count from 5 down to 1 again ... On each count you can relax further and further until you triple the relaxation ... 5 ... relaxation starting to triple in your body . . . 4. tripling more and more, further and further... 3... Very comfortable. Very relaxed ... 2 ... relaxation almost triple now in your body ... 1 ... relaxation has now tripled in your body.

Every muscle, every tissue ,every fiber in your body tripling its relaxation, just really letting go, loosening up, relaxing more and more, very limp and relaxed ... Your body feels perfectly comfortable ... All discomforts are now gone. Completely gone from your body ... All your organs, all your glands are functioning perfectly now. Your whole body is functioning perfectly.

Just letting go, letting yourself go, more and more... You will be aware of your surroundings in a pleasant way ... You may hear sounds in the background but those sounds will not disturb you in any way. The only sound you need to pay attention to, the only sound you will be interested is the sound of my voice ... And the sound of my voice helps you to relax even more...

Progressive Relaxation for Childhood Regression

Just relax...

At first just focus on your breathing... and allow your breathing to be nice and deep and even, breathing from way in... to way out . . . comfortable breathing. A lot of meditation techniques and yoga focus first on the breathing because this is so important and it's relaxing. *This* is the way within.

Visualize or imagine yourself, with each breath, inhaling the peaceful, positive energy that is all around you. And with each breath out, exhaling all the tensions and anxieties and aches and pains that you store in your body.

With each breath let yourself go deeper and deeper and deeper into a relaxed, serene, tranquil state. This is so healthy for your mind and for your body . . . to relax . . . to go within . . . to feel the peace. With each breath deeper and deep, relaxed, peaceful and calm.

And as you do this, as you focus on your breathing, relax all of your muscles and feel yourself going even deeper. Just feel yourself sinking deeper and deeper into the chair. Relax the muscles in your face...

Relax all the muscles of your neck . . . this area stores a great deal of anxiety and tension. People with headaches from neck pain carry a great deal of tension in their necks . . . Relax these muscles completely.

And now relax the muscles of your shoulders... Let them feel light, loose, completely relaxed. People who walk around with the weight of the world on their shoulders have tightness and tension in these muscles.

Relax the muscles of your arms and of your back . . . both the upper back and the lower back . . . completely relaxing.

Relax the muscles of your stomach so that your breathing stays beautifully relaxed, deep..., and you reach a deeper and deeper level of peacefulness and serenity and relaxation . . . an island of calm and tranquility.

And lastly relax the muscles of your legs . . . completely relaxing your whole body now.

As your breathing stays nice and deep, relaxed and peaceful, feel yourself going even deeper . . .

Next visualize or imagine a beautiful light coming in through the top of your head and beginning to spread down your body from above to below...a beautiful, powerful, healing light. Glowing beautifully in the light...You choose the color or colors. This light is connected with the light above and around a divine light . . . a powerful light... a healing light because it heals every cell, every fiber, every tissue, every organ of your body, restoring all of these cells to the normal, healthy state...

getting rid of illness...getting rid of disease . . . getting rid of discomfort...restoring to perfect health. This is a deepening light because it will bring you to a deep level of peace and relaxation. Allow yourself to go even deeper now . . . even deeper.

Visualize or imagine the light beginning to slowly spread down from the top of your head down past your forehead, behind your eyes, smoothing out the muscles of your eyes . . . beneath your scalp, relaxing these muscles . . . beneath the deep bones and muscles of your face...deepening your state, relaxing you even more...as it smoothly spreads into your jaw... relaxing the muscles around your mouth...

And you feel more and more peaceful and relaxed . . . calm and tranquil... as the light spreads down now from your jaw into the back of your head and into your neck . . . completely filling up the muscles, nerves and spinal cord in this region with this brilliant, bright light

And your throat... It smooths the lining of your throat getting rid of irritation. . . and you go even deeper.

You feel more and more peaceful and serene, more relaxed...getting rid of all aches and pains and illness as the light spreads into your shoulders and down your arms healing and relaxing every muscle and nerve, every fiber and every cell of your body as it reaches your hands . . . and you go even deeper.

And now you can see or feel the light spreading down from your shoulders into your upper back and your chest . . . completely relaxing all of the muscles and nerves of the upper back and the spinal cord . . . the entire spinal cord, now including your brain, glowing with the light . . . extending out throughout all the nerves of your body . . . reaching everywhere. . . and you are feeling so peaceful.

And it flows into your chest filling your lungs... glowing beautifully in the light, healing. And it fills your heart . . . healing your heart and releasing the beautiful energy which is

stored in your heart. And your heart is gently pumping the light throughout every blood vessel of your body so that it reaches everywhere. And you feel so peaceful, so deeply relaxed, so serene, and so calm.

Focus on my voice, letting other noises and distractions only deepen your level even more as they fade away . . .

And the light is flowing into your stomach and abdomen . . . filling up all of your abdominal organs and healing them . . . and relaxing the nerves and the muscles of your stomach and abdomen.

And the light is flowing past your hips and down both legs. This beautiful, healing, deepening, relaxing light is filling every cell, every fiber of your body with beautiful calm... getting rid of all illness and restoring every tissue, every cell, every organ to a healthy state.

And now the light is reaching all the way down to your feet and your toes, so that your entire body is filled with the light. And you feel so peaceful now . . . in a deeper and deeper state.

And next visualize or imagine the light completely surrounding the outside of your body as well . . . as if you were in a bubble or a halo of light. And this light protects you. No harm can come through the light . . . only goodness . . . only positive, loving energy. And the light heals your skin and outer muscles and deepens your level even more. And you feel very, very peaceful now . . . very calm.

In a few moments I am going to count backwards from 10 to 1. With each number back let yourself go even deeper . . . so deep that by the time I reach one, you are in a state of deep peace, tranquility and relaxation . . . so deep that by the time I reach 1 your mind is no longer limited by the usual barriers of space or of time... so deep that you can experience all levels of your multi-dimensional self... So deep that you can remember everything... Every experience you have ever had. You can remember everything.

10...9 . . . 8 . . . going deeper and deeper with each number back . . .

7...6 ... 5 ... deeper and deeper and
deeper ...
4 ... 3 ... very, very deep ... so peaceful, so calm
and relaxed...
2 ... nearly
There...
1 ... now you are in a deeply relaxed state, very
much at peace.

In this beautiful state of peace and relaxation, imagine yourself, visualize yourself walking down a beautiful staircase ... down into the deepest recesses of your mind. This is a place where there is no time and no space ... a place of connection and of oneness ... a place of wisdom ... and you can remember everything. Walking down ... down ... deeper and deeper... down ... down ... each step down increasing the depth of your level even more.

And as you reach the bottom of the stairs, in front of you is a beautiful, magnificent garden ... a garden filled with beautiful flowers, plants, trees, grass, fountains, benches and places to rest...a beautiful place. Safe and serene you go into this garden, and here your body can completely rest and continue to heal itself...still filled with the beautiful light. As you go deeper and deeper your body will refresh, relax, recuperate, rejuvenate... continuing to heal and fill with the beautiful energy so that later on after you are awake you will feel wonderful... filled with the beautiful energy, refreshed, renewed and yet in control of your body and your mind.

In this garden, the deepest, deepest levels of your mind can open up. You can remember everything. To show you this let us go back in time ... let us go back to your childhood...

As you stay in the deeply relaxed, calm and peaceful state let your deepest mind pick out a childhood memory. If you wish you can keep it a pleasant memory, but you are free to choose. If at any time you become uncomfortable, just imagine yourself back in the garden resting. You are always in control. If you wish you can just float above the scene watching as if from a distance... or you can be in it, feeling it, seeing it vividly with colors and details, with emotions and feelings. This is always up to you.

Go back now to your childhood and pick out a memory. It may be something you

have not thought about or remembered for a long, long time...

Spend a few moments here remembering vividly . . . seeing, feeling, using all of your senses...The therapist can question and guide the subject at this [point. The therapist might want to add a statement similar to this: "You'll be able to talk and yet remain in a very deep state, continuing to experience.]

Now let us go back even earlier, to a younger age, as an infant or a toddler or a small child and pick out another memory and again remember it vividly using all of your senses . . . sight, sound, taste, touch, smell. Be there! Experience it. Remember you can always float above it and if uncomfortable just come back into the garden . . .

Do not worry what is imagination or fantasy or actual memory. This is all coming from your mind. It is all important. It is all from you, and it may be a mixture of all of these. This is for the experience.

Let yourself experience . . . let yourself remember. Stay in a deep state and re-experience these memories. . . .

There is no limit to your memory. You can go back as far as you wish. . . . In this lifetime you can go back to infancy . . . to your birth . . . perhaps even in utero. This is not limited and you can remember everything. . . .

And soon it is time to come back from that memory and return to the garden where your body has been resting, refreshing and healing...filled with the light . . . completely relaxed and serene and calm and peaceful.

Imagine a wise and loving being comes to join you in the garden and you can communicate with this being...whether through words or symbols or images or thoughts or feelings...It doesn't matter. You can ask a question and listen for the answer. You can ask for what you need. It does not matter whether this is a guide, a friend, a reflection of your higher self or something different. Listen for the wisdom. Feel the peace and the love... Listen for the answers. Whenever you need this communication, you can be there. If it is safe to close your eyes to go deeply within, just take a few deep breaths and fill yourself with light. Put yourself back in the garden and you will be there...

If you are in a situation where you cannot close your eyes, just take a few deep breaths and immediately you will feel the peace, the relaxation, the serenity. And

even though you stay in complete control, alert, awake, in full control of your body and mind, you will still be filled with peace and understanding, calmer and more joyful than before...

And now it is time to awaken. And I will awaken you by counting up from 1 to 10, With each number you will be more and more awake and alert, in full control of your body and your mind...feeling wonderful ... feeling great, refreshed, relaxed and yet filled with a beautiful energy.

1 ... 2 . . . 3 ... gradually awakening ... feeling
wonderful ...

4 . . . 5 ... 6 . . . more and more awake and alert ...
feeling great ...

7 ... 8...nearly awake now

9 ...

10

The Importance of Interview

- Establish rapport and trust-use reflective listening
- Introduce yourself and the process
- Be professional-it is not about you
- What is your history with hypnosis?
- Tell me about the issue...
- What are your earliest memories about the issue?
- When did it become a problem? What makes it better or worse?
- How would your life be better when this is resolved?
- What questions would you ask about the issue? (higher self or guides)
- Tell me about your family/relationships...
- What are your spiritual beliefs?
- Tell me about your safe place to relax using your senses.

REGRESSION EXPECTATIONS FORM

As used by Sylvia Browne 's Society of Novus Spiritus

Everyone experiences a past life regression in their own way. Frequently, people experiencing a regression for the first time think they have "made up" their experience while in hypnosis or feel they have imagined all of it. But then little things will begin to happen that slowly provide validation to what you experienced.

To get the most from your past life regression, keep an open mind and don't analyze your experience during the hypnosis session. You will have plenty of time for that later. Simply let the information flow into your mind without questioning it.

Most people have experienced clues as to their prior incarnations. Are you drawn to a particular country, people or a specific time period, like the Civil War? If the Grecian architecture attracts your interest you may have lived in the time Greece flourished.

The same is true if you feel negative about a nationality, a place or historic time period. Your soul's experience may not have been to your liking. You may still feel the emotions of love, hate, rejection, or any other emotion that relates to a past life. We call these past life "carryovers" and they can directly relate to the life you are now living. Any strong affinity or aversion is a clue.

When the hypnotist instructs you to step through the light into a past lifetime you may experience one of several different reactions.

You may see yourself quite clearly

You may see quick impressions

You may only seem to "know" without seeing

You may not see anything, but feel as if someone is telling you what is happening

Regardless of your initial reaction upon entering your own past, you will need to answer the questions as the hypnotist asks them. As the regression progresses, you will find the impressions become stronger.

If you actively analyze the process while in session, you will only retard the impressions. Your mind is on a journey through your soul's <Experiences of lifetimes. Let it travel freely. Analysis can wait until your session is finished, after you have collected all the data.

Dominant Senses

The following exercises can be used to evaluate the client's ability and willingness to participate in the hypnotic process and also to assess the dominant senses available to that particular subject when using his/her imagination. The therapist can then tailor his suggestions accordingly. This exercise was developed by Edward J. Pavao, M.S., CHT

Close your eyes and imagine:

Visual

Numbers written on a board
A colored circle, square, triangle
Crescent moon
Star

Kinesthetic

Walking
Sawing wood
Running
Dancing

Tactile

Shaking hands
Touching pet
Placing hand in snow
Touching piece of wood
Running hand under warm water
Fingers in soft wool

Taste

Favorite ice cream
Hot cocoa
Favorite adult beverage
Favorite meal

Auditory

a gong
voice calling your name
train
airplane

Smell

perfume
gasoline
tar
mint
Fresh baked bread

Client Intake Form

Below are some items that you might want to elicit on intake – by telephone or on a client information form.

Demographic Data

Name

Address

Phone Numbers

Date of Birth Marital

Status

Number of Children

Occupation

Health History

Have you been under a doctor's care in the past year? Yes No

If yes, please give reason

Have you had any prolonged illness? Yes No

If yes, please explain

Are you currently taking any medication (s)? Yes No

If yes, what

medication(s) Reason for

medication(s)

Have you been treated for an emotional problem? Yes No

If yes, are you currently receiving treatment or counseling? Yes ___ No

Nature of present problem (reason you are coming for

hypnosis) Any previous efforts to solve this problem?

Results?

What do you want to accomplish with this session?

Hypnosis History

Do you have any questions about hypnosis?

Regression Used for Healing and Role of Regressionist

 Detective
 Conductor

Factors that indicate regression is appropriate:

1. The patient's problem(s) have not responded to other traditional forms of therapy
2. The patient has had some apparent past life memories or deja vu experiences
3. The intuition of the therapist that it would be a good modality
4. To remember positive aspects of past lives, and build positive models for handling life stages or crises
5. To diminish the fear of death
6. Unusual dreams that seem to indicate past life material coming through
7. Phobias, some types of depression and anxiety (may have an antecedent in a past life trauma)
8. Migraine headaches (may be connected to past life trauma)
9. Chronic medical problems, including psychosomatic illness, or sexual problems such as impotence or frigidity
10. Relationship issues (may have past life roots)

Not appropriate:

1. The patient is highly agitated or is psychotic
2. The patient has a borderline personality disorder
3. The patient is in the midst of a life crisis that needs immediate attention. Resolve the crisis first.
4. Heavy drug or alcohol use. Current intoxication.
5. The patient is resistant or oppositional (i.e. she/he was forced to come)
6. The patient claims to be possessed
7. The patient seems to be avoiding his/her present life problems
8. The patient is receiving secondary gain from his/her symptoms
9. The patient's desire for PLT is an extension of magical thinking and unrealistic expectations.
10. The particular patient will need follow-up and/or support systems, and this is not available.
11. The patient has recently been involved in litigation or lawsuits against her/his therapist(s).

Outline of the Regression Process

I. The Initial Interview

A. The Presenting Issues or Problems

1. Understand how the patient sees her/his concern or issue
2. Distill out the primary issue(s)
3. Set goals for the therapy

B. Review Developmental Patterns

1. Pre-, peri-, and neo-natal periods
2. Earliest memories and possible traumas
3. Self-image in the socialization period
4. Self-image around puberty and adolescence

C. Family of Origin

1. Where does patient fit in family structure
2. Verbal messages projected onto child

D. Basic Life Strategies

1. Patterns in interpersonal relationships
2. Basic approach to the world for succeeding in life
3. Basic defense strategies

E. Profile of Attitudes in areas of: Sex, Power, Body Image, Wealth,

Life, etc. F. Current Health Profile

1. Any major health problems currently under treatment. Note: Would PLR create any risk in these?
2. History of physical problems and attitudes surrounding the physical problem

G. History of previous therapy

1. When, therapist, reasons for therapy, diagnosis
2. What therapeutic disciplines were used?
3. Secure signed release form for records of previous therapy when appropriate.

H. Scripts, self-defeating patterns, and core postures that can be stated in a phrase or a

II. Identifying the Core Issue

A. As the patient is describing the problem, observe and note:

1. Words that are illogical and out of context
2. Words that cause a change in emotion or body language
3. Repeated phrases that hold emotional charge

B. Once the area for regression has been targeted, establish trigger phrases or sentences. Since the subconscious is literal, it is important to clearly define the phrase and use ONLY that phrase during the regression, if you are using it to facilitate going to a particular issue. Words like anger or guilt are too broad. "Anger at authority", "anger when I am helpless or anger when I don't get what I want", define the specific kinds of anger you want to address. Otherwise your client might be all over the time track with different kinds of anger, never dealing with the situation causing the specific anger in the problem presented.

III. Inductions

A. The self-inducing patient. Recognizing when an induction is not needed.

B. Empower the client to know the truth, to go to the source of the problem. Use archetypal or other psychological images to assist the patient, if this assistance is indicated.

C. Traditional relaxation or induction techniques

1. Body Awareness and Progressive Relaxation
2. Non-verbal techniques
3. Traditional hypnotic techniques, suggestion, etc.
4. Focusing

D. Bridges: Use of visualization devices as transitions from the here and now to the Past Life.

Examples: white light, hallway with many doors, elevator or escalator, tunnel, machine, magic garden with a gate.

IV. Locating the Lifetime

A. Give verbal directives:

1. Move to the lifetime that is directly related to the concern you are feeling. (Issue, etc.)
2. Move to the lifetime that is responsible for (name or theme or phrase

V. Processing the Past Life

A. Ground the patient in the lifetime.

1. Look down and notice your feet and the ground beneath them.
Is there anything on your feet?
2. Feel your feet firmly on the ground in your body there.
3. Notice any sort of garments you may be wearing.
4. Describe your surroundings: day or night, buildings, landscape, people, etc.
5. Suggest the patient step inside the body and feel that body around her/him.
6. Allow the past life scene to unfold, using the various sense modalities and emotions.
7. If the patient seems well grounded, ask for age, if known, and gender.

B. When the patient is established in the lifetime:

1. Direct patient to locate the significant event which she or he feels caused the (theme).
2. Move to the beginning of this event and encourage the patient to re-experience it, moving through to the end of the event. Keep

the patient in the experience, inviting her/him to see and feel it fully.

3. If the patient moves immediately and intensely into the lifetime and the causal event, eliminate unnecessary steps. Stay with the patient and move her/him to the beginning and then through the events.

C. As the patient is moving through the events, focus on the antecedents (physical, emotional, decisional) and the consequences of the events.

D. If the patient needs to go through the body-death of the lifetime, note carefully the attitudes, feelings, and decisions and last thoughts prior to death, during, and immediately after the death.

VI. Integration Phase

A. Explore the immediate post-separation time, and interim life space/time to reflect on the life scenario.

1. To discover the lessons learned in that life
2. How they may apply those lessons or learning in their current life situation
3. To discover the purpose of those experiences
4. To discover postulates or beliefs they adopted in that life that may still be influencing them.

B. Tie back the past life experience to the current life situation.

1. Help the patient to understand how decisions, feelings and viewpoints from the past may be affecting the current lifetime.
2. Have the patient summarize the issue or major script that was produced from the past life experience. Ask questions to bring out clearly the patient's interpretation of the event, the conflict, and the ego decision.
3. Help the patient to detach from the experience and viewpoints of

the lifetime, and know the truth of the lifetime. Understand the purpose of the lifetime.

4. Release body trauma from that past life to minimize any possible carryover into current life.

VI. Closure

- A. If the patient does not reach completion on the issue, you may need to use a cleansing and releasing process until they can return for another session.
 1. Have them drain completely any negative energy from the lifetime.
 2. Fill the Lifetime with light.
 3. Reposition the energy on the time track in the past, where it belongs.

MODEL OF AN
INFORMED CONSENT FOR PAST-LIFE REGRESSION THERAPY

The following is a model of an informed consent form provided by a past participant in *this* course. You should consult with your attorney before you adapt this to your practice.

CONSENT FOR PAST-LIFE REGRESSION THERAPY

I, _____, consent to participate in a process of Past-Life Regression therapy, under the direction of Dr. _____. I understand that Past-Life Regression Therapy can involve the use of general psychotherapeutic techniques in combination with progressive relaxation, Hypnosis, guided imagery, facilitated fantasy, and other hypnotherapeutic interventions. As part of Past-Life Regression Therapy, clients are encouraged to imagine events, circumstances, behaviors, thoughts, and feelings, from prior situations in their experience. I understand that clients very greatly in their response to the relaxation/hypnosis and regression process, with some clients experiencing intense images and recollections while others report experiencing relatively little. Additionally, I am aware that the images/recollections experienced during Past-Life Regression Therapy may be real, may be fantasy, or may be a combination of real and fantasized or distorted memories. I also understand that certain memories or images experienced during the Past-Life Regression treatment may represent traumatic events which can evoke intense emotional reactions or distress. These emotionally charged images are often quite useful therapeutically for facilitating insight, understanding, and healing, but such intense experiences can nonetheless be emotionally troubling.

My signature below signifies that I have reviewed the above paragraph, understand principal characteristics of Past-Life Regression Therapy, and have agreed to participate in this therapeutic procedure. Furthermore, I understand that if at any time I become too uncomfortable and/or unwilling to proceed with the Past-Life Regression Therapy process, that I can request to stop the process and the treatment will cease immediately.

Client's Name Date

Witness Date

Model for Interview

I. Establish the beginning of the relationship

The process begins at the initial contact, even if it is over the phone.

- A. Assess for the appropriateness of PLR. Not everyone is ready for PLR. Nor are you obligated to do Past Life work with any person who calls on you.
- B. Provide a base for the therapeutic relationship of mutual trust.

II. Preparation for the induction

- A. Convey the philosophical concepts as a bridge for integration and transformation.
- B. Assess their history with hypnosis: concept, previous experience, self-hypnosis, meditation

III. The initial contact sets the atmosphere for the quality of your work.

- A. First contact may be on the phone, the secretary, or answering device.
- B. When patients walk into the room let them know you are calm and at ease.
- C. Invite them to share with you what brought them to your office.
- D. Clarify your financial contract with them, so there are no misunderstandings.

IV. Assess for appropriateness of PLR.

- A. Assess the level of their comfort with the process. Assess for magical thinking.
- B. Assessment of levels of use of drugs or alcohol.

V. Convey philosophical concepts

- A. Develop a variety of ways to convey philosophical concepts so they can integrate their new information.
- B. Patients who appear to move the most rapidly may be the most resistant to a REAL transformational experience.
- C. A very fast euphoric response may be only a projection and its usefulness or life may be very short.

VI. Other things to look for

- A. How long has their life energy been stymied or diverted from a whole complete life?
- B. Something may have interrupted the life flow, such as a personal tragedy.
- C. There may be a block of some kind in the past, either in this life or another, such as fear or resentment.
- D. The life force may be distorted, or the perception of the life force is distorted.

Other Methods for Induction

(Collected from the
Internet)

Arm-Drop Method

Instructions to the Hypnotherapist

The subject is asked to raise an arm so that the hand is slightly above the head and given suggestions. There are a number of aspects of this induction which are worthy of special notice. First, the arm is placed in such a position that fatigue will eventually bring it down. The downward movement is tied into going "down" into a "deep state of relaxation:" The harder the individual keeps fighting to hold it up, the more he is committed to the proposition implied by the statement. You will not go into a deep state of relaxation until the arm is all the way down." This means, of course, that. "You will go into such a state when the arm comes all the way down."

Spoken to the Subject

(Have subject raise arm so that hand is slightly above head)

Stare at one of your fingers, either the index or the middle finger.

You may continue to look at it, or, if you wish, close your eyes and visualize it in your mind's eye. As you fixate your gaze on it you will notice that the other fingers tend to fade out of focus and that your entire arm begins to feel heavier and heavier.

The longer you concentrate on that finger the heavier and heavier your arm becomes, but you will not go into a deep state of relaxation until the arm has come all the way down.

Keep concentrating on that finger while the arm gets heavier and heavier and

heavier.

When downward movement becomes apparent, say: Notice that as the arm is getting heavier it is slowly coming down, down, down. But you will not relax into a deep and profound state of relaxation until the arm is all the way down. Going down, down, down, deeper, deeper, deeper...

(Continue deepening comments: The suggestions must be timed with the actual movement of the arm.)

Arm Levitation Method I

Instructions to the Hypnotherapist

This induction or deepening technique requires that the hypnotherapist gauge the pace of the suggestions to the response of the subject.

Spoken to the Subject

I'm going to count from one up to twenty.

As I do, a light, easy, pleasant feeling moves into your right hand and into your right arm. As I continue counting, that feeling grows stronger and stronger.

Soon you'll feel the first slight movement of your fingers, a twitching of the muscles.

(At this point, grasp the subject's arm and demonstrate how it will move as you continue with the following suggestions.)

Then your hand begins to lift.

Your arm begins to lift.

It continues moving, lifting, and rising until it comes to rest upon your body.

Now when you feel the movement in your hand and in your arm, don't try to resist. You could resist if you chose to, but that is not why you are here. Just let your subconscious mind do its perfect work.

All right, now we are ready to begin.

Number One- The first light, easy sensation moves into the fingertips of your right hand.

Number Two - The feeling is spreading around beneath the fingernails.

Number Three- It is moving up to the first joint of the fingers.

Number Four- Spreading to the large knuckle across the back of the hand.

Number Five- The first slight movements begin to start taking place. Slight

movements of the fingers, a twitching of the muscles.

Number Six- The light sensation spreads all across the back of your hand.

Number Seven - Spreading over and into your thumb.

Number Eight- Moving now all through the palm of your hand.

Number Nine - The light sensation spreads up and into your wrist. Think of your left hand now. You'll see by comparison, your left hand is beginning to feel very, very heavy.

While on Number Ten your right hand grows lighter and lighter with each number I count --just as light as a feather floating in the breeze and even lighter. As light as a gas-filled balloon. Just as a gas-filled balloon will rise and float towards the ceiling, in the same way, by the time I reach the count of twenty, your right hand is moving, lifting, rising and floating.

Number Eleven- The light sensation has moved beyond your wrist now, spreading into your forearm.

Number Twelve, Thirteen- Think of your left hand. Your left hand has grown so heavy, it feels as though it were made of marble or stone.

Number Fourteen- That light sensation is spreading up toward your elbow.

Now on Fifteen -From the fingertips all the way up to the elbow your hand has grown light, light and free. It's beginning to lift. It's moving, lifting, rising and floating.

(At this point, if the hand is not moving, gently lift the hand to get it started.)

All right, Sixteen- Now your arm is moving and lifting and rising. And as your arm is lifting, you're going deeper and deeper into hypnosis.

Seventeen - Your hand continues moving, Lifting and rising now until it comes to rest over on your body.

Eighteen - Moving, lifting, rising, ...floating. Right on over now and when your hand comes to rest upon your body, at that time your eyelids lock tightly closed. Your eyelids lock so tightly closed at that point, the more you try to open them the tighter they're locking closed.

Nineteen - Your hand is getting ready to come down and rest upon your body.

Twenty - Now your hand has come to rest upon your body and at the same time, your eyelids are locked so tightly closed, the more you try to open your eyelids the tighter they are locking closed.

That's fine, stop trying and go deeper into trance.

Arm Levitation Method I

Instructions to the Hypnotherapist

This induction or deepening technique requires that the hypnotherapist gauge the pace of the suggestions to the response of the subject.

Spoken to the Subject

I'm going to count from one up to twenty.

As I do, a light, easy, pleasant feeling moves into your right hand and into your right arm. As I continue counting, that feeling grows stronger and stronger.

Soon you'll feel the first slight movement of your fingers, a twitching of the muscles.

(At this point, grasp the subject's arm and demonstrate how it will move as you continue with the following suggestions.)

Then your hand begins to lift.

Your arm begins to lift.

It continues moving, lifting, and rising until it comes to rest upon your body.

Now when you feel the movement in your hand and in your arm, don't try to resist. You could resist if you chose to, but that is not why you are here. Just let your subconscious mind do its perfect work.

All right, now we are ready to begin.

Number One- The first light, easy sensation moves into the fingertips of your right hand.

Number Two - The feeling is spreading around beneath the fingernails.

Number Three- It is moving up to the first joint of the fingers.

Number Four- Spreading to the large knuckle across the back of the hand.

Number Five- The first slight movements begin to start taking place. Slight movements of the fingers, a twitching of the muscles.

Number Six- The light sensation spreads all across the back of your hand.

Number Seven - Spreading over and into your thumb.

Number Eight- Moving now all through the palm of your hand.

Number Nine - The light sensation spreads up and into your wrist. Think of your left hand now. You'll see by comparison, your left hand is beginning to feel very, very heavy.

While on Number Ten your right hand grows lighter and lighter with each number I count --just as light as a feather floating in the breeze and even lighter. As light as a gas-filled balloon. Just as a gas-filled balloon will rise and float towards the ceiling, in the same way, by the time I reach the count of twenty, your right hand is moving, lifting, rising and floating.

Number Eleven- The light sensation has moved beyond your wrist now, spreading into your forearm.

Number Twelve, Thirteen- Once again, think of your left hand. Your left hand has grown so heavy, it feels as though it were made of marble or stone.

Number Fourteen- That light sensation is spreading up toward your elbow.

Now on Fifteen -From the fingertips all the way up to the elbow your hand has grown light, light and free. It's beginning to lift. It's moving, lifting, rising and floating.

(At this point, if the hand is not moving, gently lift the hand to get it started.)

All right, Sixteen- Now your arm is moving and lifting and rising. And as your arm is lifting, you're going deeper and deeper into hypnosis.

Seventeen- Your hand continues moving, lifting and rising now until it comes to rest over on your body.

Eighteen - Moving, lifting, rising,...floating. Right on over now and when your hand comes to rest upon your body, at that time your eyelids lock tightly closed. Your eyelids lock so tightly closed at that point, the more you try to open them the tighter they're locking closed.

Nineteen - Your hand is getting ready to come down and rest upon your body.

Twenty - Now your hand has come to rest upon your body and at the same time, your eyelids are locked so tightly closed, the more you try to open your eyelids the tighter they are locking closed.

That's fine, stop trying and go deeper into trance.

Confusion Method

Instructions to the Hypnotherapist

The basic message to this induction is the conscious forgetting, and the subconscious knowing. This message is drawn out and repeated. Separate directions are for the conscious mind, and separate directions are for the subconscious mind. Maintain the subconscious attention, while dismissing the

conscious attention both by the suggestions and the pauses and mental fatigue. Have the subject sit or lie in a relaxed position, with his eyes closed. Read the text slowly and rhythmically.

Spoken to the subject

(Read only first time, do not repeat) Just close your eyelids and let your mind drift

where it will. You are aware of everything, and yet you are not aware.

You are listening with your subconscious mind, while your conscious mind is far away, and not

listening. Your conscious mind is far away, and not listening.

Your subconscious mind is awake, and listening, and hearing everything while your conscious mind remains very relaxed and peaceful. You can relax peacefully because your subconscious mind is taking charge, and when this happens, you close your eyes and let your subconscious do all the listening. Your subconscious mind knows, and because your subconscious mind knows, your conscious mind does not need to know and can stay asleep, and not mind while your subconscious mind stays wide awake.

You have much potential in your subconscious mind which you don't have in your conscious mind. You can remember everything that has happened with your subconscious mind, but you cannot remember everything with your conscious mind. You can forget so easily, and with forgetting certain things you can remember other things. Remembering what you need to remember, and forgetting what you can forget. It does not matter if you forget, you need not remember. Your subconscious mind remembers everything that you need to know and you can let your subconscious mind listen and remember while your conscious mind sleeps and forgets. Keep your eyes closed, and listen with your subconscious mind, and when you're listening very, very carefully, your head can now nod "yes".

As you continue to listen to me, with your subconscious mind, your conscious mind sleeps deeper and deeper, and deeper, and deeper. Let your conscious mind stay deeply asleep, and let your subconscious mind listen to me.

(Repeat: Begin at paragraph two)

(Use a deepening technique and test subject)

Direct Gaze Method

This process is the Direct Gaze Induction Technique. *This* is the most powerful technique of all, and also the most difficult to use because you have to express perfect confidence. If you have any doubt, hesitation, or fear, it will show in your eyes; the subject will read it and it will inhibit their response. If the subject is standing, you say, "All right, I want you to fix your eyes right here." Take the index finger of your right hand and bring it up under your right eye. If the subject is seated, or lying down, say exactly the same thing. When you're looking the subject in the eye, it is important for you not to blink. Narrow your eye slightly, enough to keep your eyeballs from drying out. Time your counting in response to what you see happening in the subject's eyes.

If you don't see any response, stretch out the suggestions. (Example: Five-- eyelids heavy, droopy, drowsy and sleepy, your eyelids feel so heavy. Four-- your heavy lids begin to feel as though they're getting ready to close. Three -- the very next time....) The moment you see the subject beginning to blink, pick up the tempo and say 'And now they begin closing, closing...

Now, I want you to look right here. Don't take your eyes from mine. If you follow my simple instructions, there is nothing in this world that can keep you from entering into a very deep and pleasant state of hypnosis, and doing it in just a fraction of a second. Now, take a deep breath and fill up your lungs. *(Take a deep breath and take your right hand and move it in an upward motion in the air)* Now exhale. *(Bring hand down as subject exhales)* That's fine. Now a second and deeper breath. *(Bring hand up)* Exhale. *(Bring hand down)* Relax. Now a third deep breath. *(Bring hand up)* Exhale. *(Bring hand down)*

(Note: The following sections are for performing therapy)

(Raise your hand up over the subject's head, about three feet in front of the subject, two feet above the subject's head, pointing your finger)

And now, I'm going to count from five down to one. As I do, your eyelids grow heavy, droopy, drowsy and sleepy. By the time I reach the count of one, they close right down and you go deep in hypnotic slumber. Deeper than

ever before.

All right, Five (*Start moving finger down*) Eyelids heavy, droopy, drowsy and sleepy. Four (*Moving finger down*) -Those heavy lids feel ready to close.

Three (*Moving finger down*) -- The next time you blink that is hypnosis coming on you then.

Two (*Moving finger down*) -closing, closing, closing, closing, closing, closing, closing, closing them, close them, close them. They're closing, closing, closing...closing.

Fixation Object Method

Instructions to hypnotherapist:

This is the traditional method of inducing hypnosis. The subject is asked to direct her gaze at the fixation object and not shift focus. The hypnotherapist can intensify the induction by observing the subject's reactions and timing his suggestions very closely with them. For example, the remark, "Occasionally, they are going to blink," might be made immediately after he perceives a blink.

Spoken to subject

Stare at the shiny part of (*fixation object*). Fix your eyes on it.

Take a few deep breaths. Just keep breathing deeply. Listen to the sound of my voice.

You will find that your eyelids have a tendency to get heavy – almost as if you had a heavy weight attached to them. And the longer you stare at this, the more your eyelids get heavy, and you blink, and they have a feeling like something is pulling them down as if they wanted to slowly close, and get drowsier and sleepier and heavier.

And you have a feeling as if they were slowly closing, slowly closing, getting drowsier and more tired, and when they finally do close, how good you'll feel. Drowsy, heavy, pulling down, down, down, slowly closing, getting harder and harder to see, and you feel good. Very, very hard to keep them open, feel that very soon they will close tightly, almost tightly closing, almost tightly closing, tightly closing.

Your eyes are tightly closed; you feel good; you feel comfortable; you're relaxed all over; just let yourself drift and enjoy this comfortable relaxed state.

You will find that your head will get heavier; it tends to nod forward some, and you just let yourself drift in an easy, calm, relaxed state.

Forest and Stream Method

Instructions to Hypnotherapist

For this induction it is helpful to have background sounds of water, birds, and other forest sounds, but do not start the sounds until indicated in the induction.

Spoken to the subject

To prepare yourself for this enjoyable, helpful experience, be sure you have all tight clothes loosened and then get yourself in just as comfortable a position as you can ...

Now close your eyes and inhale deeply and hold it for three or four seconds and then exhale slowly

(Pause as subject responds)

Again, breathe in deeply and exhale slowly ... keep doing that 5 or 6 more times...

As you inhale, you bring more oxygen into your body, and as you exhale it causes your body to keep relaxing more and more ... *(Pause and observe)*

Now you can continue breathing easily and freely, and can feel yourself becoming more calm and peaceful

You are revealing signs that indicate you are moving into a very deep, peaceful state of relaxation....as I continue talking to you, you can keep relaxing more peacefully not caring how deeply you relax, just happy to continue becoming more calm, more peaceful, and more at ease continuing to breathe easily and freely ...

Your subconscious mind will always be aware of what I'm saying to you, so it keeps becoming less and less important for you to consciously listen to my voice... Your subconscious mind, and all levels of your inner mind can hear and receive everything I tell you, and your conscious mind can relax completely...

You are continuing to experience perfect peace of mind, and can feel yourself moving into the situation I describe to you ... it's going to happen automatically, and you don't even need to think about it consciously...

(Optional: Start background tape of birds and water. Pause about 30 seconds after starting background sounds)

Now I want you to imagine yourself lying in a comfortable position near a stream of fresh, clear water, in a beautiful forest on a perfect summer day...

There is a warm, gentle breeze, and-the air is fresh and clean, the sound of the peaceful stream is

It is becoming less important for you to consciously listen to my voice because your subconscious mind and all levels of your inner mind are hearing and receiving everything I say... In your mind, you are enjoying the beauty of nature, as the sunlight shines through the trees and you listen to the gentle flow of water and the birds singing cheerfully... You are lying there, comfortably relaxing ... it is so peaceful that you continue feeling more relaxed than ever before in your entire life...

As you continue enjoying this peaceful, pleasant experience, a soothing drowsiness is coming over your whole body, from the top of your head to the bottom of your feet ... You continue feeling calmer, more relaxed and more secure...

And now, as you lie there with your eyes closed, you are so relaxed and comfortable and happy that you continue moving into a more peaceful, more detached state... It may seem like you are drifting into a state of sleep... There may be times when it seems like my voice is a long distance away... and there may be times, when I'm talking to you, that you will not be consciously aware of my voice, and that's okay because your subconscious mind is still receiving every word I say, and is making true everything I tell you ... From now on you will be influenced only by positive thoughts, ideas and feelings. The following thoughts come to you ... I am calm, secure, and relaxed ... I am comfortable and at ease ... I am in control of myself at all times ... I am responsible for my body, and will always treat my body well ... my mind enables me to be relaxed and calm as I go about the activities of my daily life ...

(Note: The following paragraph can be used for therapy.)

Your subconscious mind, and all levels of your inner mind can now review and examine what has caused that problem, and can assess that information and work out a solution that is pleasing to you...

And you will be pleased to notice yourself improving more each day, and you can be sure it is permanent and lasting ...

When your inner mind understands what has caused that problem and realizes that it is okay for you to get rid of that problem, one of the fingers on your right hand will lift up towards the ceiling and will remain up until I tell it to go back down.

(Note: as the subject's mind is reviewing the information and you are waiting for finger to lift, give suggestions from an appropriate prescription pertaining to the problem.)

Misdirection Method

Instructions/ Hypnotherapist

This technique is used when the subject is too tense or subconsciously doesn't wish to be hypnotized. The idea is to get the subject to take his/her mind off of hypnosis all together and then perform a rapid induction. The misdirection stems from fact that it is physically impossible to open one's eyes when the eyeballs are rolled back in the head.

To sell this technique you may choose to describe this testing as a requirement for a relaxation exercise that will help the subject to be hypnotized in the future. Describe the mythical exercise as one that requires several weeks of daily practice and a good imagination. Describe the following induction as an "imagination test".

Spoken to Client:

Just sit and relax. *(Have subject sit and relax, hands on knees, body relaxed and passive) Do you have a good imagination?*

(If subject responds "Yes", continue. If the subject responds "No", simply state that they are too hard on themselves and continue.)

In other words, can you close your eyes and imagine a scene, visualize a scene and see it in front of your eyes? *(Once again, continue on "Yes"...)*

Let's test your imagination in a few ways. I'll describe what I want you to visualize and then after you close your eyes and you visualize it, I'll ask you a few questions about what you see.

(The following is a sample scene and questions. If the subject doesn't drive, use something that the subject is familiar with)

Do you drive a car? *(If "Yes", continue, else find another topic)*

Alright, close your eyelids down and imagine you're standing in front of your car.

Now when you get it very clearly, just nod your head *(Wait for nod)*

Fine, now you're looking at your car, what color is it? *(Wait for response)*

Good.

Open the door of the car and get in behind the wheel. Now look straight ahead. Is the speedometer in the center or to your right or to your left? *(Wait for response) Good*

Is the speedometer circular, semi-circular, horizontal or vertical? *(Wait for response)*

Alright, what color is the needle that indicates the speed on the speedometer? *(Wait for response)*

Alright, fine. Open your eyes. Could you see all that clearly? *(Wait for response)*

Now let's test your imagination in another way. We learned a couple of things about your imagination right then. This time when you close your eyelids right down, imagine you're at a swimming place, a beach, a pool, a lake or at the ocean. Close your eyelids down. Now I want you to imagine that you're at a swimming place. When you see the scene clearly in your mind's eye, nod your head. *(Wait for head to nod)* Alright, fine.

Now look around you at this place and tell me what you see. *(Wait for description)*

Do you see any people there? *(If "Yes", say the following "Pick out one of the persons and describe them to me"; if "No" have subject describe some item that he saw at scene)*

(This section is the actual misdirection)

That's very good, open your eyes. Could you see all that clearly as a mental picture? That showed that you have a good imagination to create, because in that instance I asked you something where you had to create the scenes in the picture. Now we'll go to the other extreme and find out how well you can imagine a simple, single object.

This time when you close your eyelids down, imagine that you're looking at a full moon. Close your eyelids down. Now then, I want you to imagine that you are either seated outside or in a car, or at the beach, or maybe looking out your bedroom window. It's night time and you're looking up at a full moon.

To help you to see the full moon, I want you now to roll your eyeballs back up, with your eyelids remaining closed down. Roll your eyeballs back up in your head as if you could see the full moon right up here *(touch subject's forehead lightly)* back up in the center of your forehead.

(Pick up the pace slightly and read this section as one flowing sentence) Roll your eyeballs way back up in your head and as you do your eyelids lock tightly closed. The more you try to open them the tighter they are locking closed. Try now to open your eyelids. They're locking tighter and tighter, now stop trying, just relax and *sleep*. Let a good, pleasant feeling now come all over your body. Let every muscle and nerve in your body go limp and loose. Breathe easily and deeply and send a wave of deep relaxation from the top of your head to the top of your toes.

Eye Catalepsy

Spoken to the subject

(Optionally, place your right thumb on the bridge of the subject's nose and apply slight pressure)

I'm going to count from five down to one. As I do, your eyelids lock so tightly closed that the more you try to open them, the tighter they're locking closed.

Five, your eyes are pressing down tightly. Four, pressing down and sealing shut. Three, sealing as if they were glued.

Two, they're locked shut. The more you try to open them, the tighter they're locking closed. Okay, try to open your eyelids now and find them locking tighter and tighter. That's fine. You can stop trying now. Just relax and go deeper.

Spinning Hands

Spoken to the subject

This time I'm going behind you to raise your hands ... and start moving them around each other.

(Start spinning their hands around each other)

Now, as I release your hands, continue the motion of your own accord. *(Release their hands)*

Moving, spinning, turning.

Moving, spinning, turning. Even faster now. Moving, spinning, turning. That's good.

As your hands are turning, I want you to think about your heart. Your heartbeats automatically in response to the needs of your body. In the same way, your hands are turning automatically so that the more you try to stop the motion, the faster they're turning.

I'm going to touch your forehead. The instant I do, your hands spin in the opposite direction. (*Touch forehead*) Back the other way, moving, spinning, and turning. And as they're turning, you're going much deeper in sleep.

This time I touch your forehead, your left arm drops limply down to your side. Your right arm continues the movement. (*Touch forehead*) Left arm drops; right arm continues, and as it's moving you're going deeper and deeper into hypnosis.

This time I touch your forehead; right arm drops limply down, you go much deeper. (*Touch forehead*) Drop it down and go deeper.

That's fine.

Deepening Techniques (Collected from the Internet)

Relaxation Method I

Spoken to the subject

Turn loose now, relax. Let a good, pleasant feeling come all across your body. Let every muscle and every nerve grow so loose and so limp and so relaxed. Arms limp now, just like a rag doll. That's good.

Now, send a pleasant wave of relaxation over your entire body, from the top of your head to the tips of your toes. Just let every muscle and nerve grow loose and limp and relaxed. You are feeling more relaxed with each easy breath that you take.

Droopy, drowsy and sleepy. So calm and so relaxed. You're relaxing more with each easy beat of your heart ...with each easy breath that you take ... with each sound that you hear.

Relaxation Method II

Spoken to the subject

Your arms are loose and limp, just like a rag doll. As I raise your hand, just let all of the weight hang limply in my fingers. And when I drop it, send a wave of relaxation all across your body. As you feel your hand touch your body, send that wave of relaxation from the top of your head all the way down to the very tips of your toes.

And as you do, you find that you double your previous level of relaxation. Now, once again, with the other hand. *(Repeat with other hand)*

Stiff Arm Method

Spoken to the subject

Raise and stiffen your arm. Make a fist. *(Help subject achieve this position, then let go)* That's good. Just like a steel bar, stiff and powerful. So stiff and rigid and so powerful that the more you try to lower or bend your arm, the stiffer and tighter it becomes. Try to lower or bend your arm and find it locking stiff, stiff and rigid. The harder you try, the stiffer it becomes.

That's fine. When I touch your forehead, your arm drops limply down and you go deeper in sleep.

Staircase Method

Spoken to the client

In a moment I'm going to relax you more completely. In a moment I'm going to begin counting backwards from 10 to 1. The moment I say the number 10 you will allow your eyelids to remain closed. The moment I say the number 10, you will, in your mind's eye, see yourself at the top of a small set of stairs.

The moment I say the number 9, and each additional number, you will simply move down those stairs relaxing more completely. At the base of the stairs is a large feather bed, with a comfortable feather pillow.

The moment I say the number one you will simply sink into that bed, resting your head on that feather pillow.

Number 10, eyes closed at the top of those stairs. Ten ... Nine, relaxing and letting go, Eight, sinking into a more comfortable, calm, peaceful position ... Seven....

Six going way down...

Five moving down those stairs, relaxing more completely. Four....

Three ... breathe in deeply...

Two ... On the next number, number one, simply sinking into that bed, becoming more calm, more peaceful, more relaxed ...

One ... Sinking into that feather bed, let every muscle go limp and loose as you sink into a calm, peaceful state of relaxation.

Using Non-Directive/Directive Approach

- ✚ Notice what is happening...-Non-Directive
- ✚ What year is it? -Directive
- ✚ Left Brain may “feel” more and right brain may see images.

During the Regression experience:

Non-Directive:

- 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

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**
 - **What year is it?**
 - **What do you call yourself?**

Regression Used for Healing

- + Emotional and Spiritual healing/sending love and forgiveness
- + Affect Bridge (If your anger could talk, what would it say?)
- + Stay in their story long enough to explore the segment in their life.

Essential Factors of a Regression

I. Induction

- A. Give power to the client to be in control of his relaxation and trance state.
- B. Use and repeat key words to deepen the experience. (Relax; slow down; let your mind put you in a state of receptivity; allow your mind to align with universal mind; go deeper; your higher self knows how deep you need to go in order for you to experience what you need today.)
- C. Obtain verbal and behavioral feedback in order to properly lead and pace the process with your client. (Is there any part of your body that is tense? Do we need to relax your body today?)
- D. Use visual cues to facilitate the deepening of the relaxation and trance process. (Imagine a fluid taking away all tension from your body.)
- E. Anchor the problem within the context of a person's feelings or thought patterns. (Focus on the sensation that you have of needing to be loved.)
- F. Provide the mindset and pacing for the regression. Give permission to the client go beyond conventional boundaries of the mind. (Your mind is a repository of memories. You can go back 10, 20, or 1000 years. You can cry, re-experience, or do anything you want to do in order to understand the nature of the problem.)

II. Past-Life Regression Process

- A. Begin with an open question: Where are you? What are you experiencing?
- B. Ask questions to develop the context of the experience: how, where, what and when. Avoid asking "why" questions for that forces the person to go to his head for an interpretation instead of helping them to stay with their experience. Example: What do you see? How old are you? What does your father do? What is your area called? How long have you been ill? Etc...

- C. Notice how the person describes his experiences from two levels of awareness, one as a witness to the event, and another as a participant in it, Two types of data are provided: external circumstances and internal experiences.
- D. Go to antecedent lifetime(s) in order to understand the decision making process. (Go back. Why did you make this decision of choosing a mother who is unloving? Why have you chosen this? What did you do to her in the past? Like a bridge, go back to another time when you knew the soul who is your mother now.)
- E. Go back and forth between the life-time experiences in order to understand the karmic(cause and effect) pattern.
- F. Use the interim period between lives and the moments-before-death periods in order to understand the imprinting of the life script. (Go back and see how you died. What were your last thoughts before you died?)

m. Closure and Integration

- A. Help the client see the aspects of the past lives which are equivalent to the present lifetime. (Why did you need to bring that feeling into this life time? How does this lifetime serve the , experiences of the past? What are you hanging onto in crossing over to this life?)
- B. Relate various aspects of the past life experience in order to reframe the present life time experiences. Learn to tie back past life experiences to the present time. (What do you need to see in order to let go of the negativity?)
- C. Help the client to evaluate the status of the emotional charge and feelings within the body. (Is there anything you brought over that is significant? [s there any doubt as to your giving up the anger?])
- D. Heal the memory with a transformation technique such as setting the stage for forgiveness.
Coach a client by taking his role and verbalizing a healing scenario.

- E. Check to see if closure has been made or if certain feelings persist. [if needed, summarize issues and acknowledge unresolved issues that need further exploration. (Are you satisfied that this is the reason for your feelings of being unloved?)
- F. Close with affirmations: (Re-energize your body; let go of all discomforts; clear your mind; Remember those events which will help in your healing.)

Definitions to Describe the Past-Life Process

Differentiation- comparing past life pattern with present pattern

Calibration-In the past-life therapy process, leading a client and pacing questions and experiences are important components of the process. To calibrate one's questions and pacing is to know whether or not from moment to moment whether or not your questions are significant and comprehensible to the client's internal framework of experience.

Abreaction- An emotional reaction experienced under hypnosis, involving unresolved trauma or stress

Catharsis- After an abreaction, the client experiences a release of suppressed emotion

Desensitization- Repetition of an emotional event until a client feels neutral

Associated- client experiences their memory and imagery through their own eyes
(usually deeper trance level) "I am..."

Source or reference point- the point where the client picked up the belief pattern

Reframing- getting a different perspective of the subject matter with the intent of facilitating change

Regression- process of assisting a client to remember information from their past, while in a state of hypnosis

Symbolic Resonance Awareness- Client begins to experience a deeper understanding of the patterns of involvement of present and past relationships and situations

Time Distortion- Client overestimates or underestimates the time they have been in hypnosis

Transformational Model- Use of regression techniques as an intervention to create change, resolving past events that are interfering in the present life

Anchoring-(Similar to affect bridge) cues or experiences which take us back to a constellation of prior experiences. In past life therapy, we use certain verbal statements or bodily sensations to begin the regression process. Another aspect of the anchoring process are environmental TRIGGERS. Anchors and triggers are two reciprocal parts of the same process. Whereas an "anchor" is an individual's perception of an environmental event, a "trigger" is the environmental event itself.

Emotional/SpiritualHealing -examples-guilt, fear, lack of love, anger, forgiveness

Are you ready to clear the energy of (emotion)? If yes, continue...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 a ball of healing light scanning your body of any trapped pain picking up any residue. Then take the ball and make it disappear!

Emotional and Spiritual Healing

- + Use when you get to the issue or mild emotional reaction
- + Can use at the death scene, "Is there anything else we need to understand or clear from this life?"
- + Can use in the Life Between Lives Scene if they need to clear
- + You can use part of the suggestions at the end upon awakening.

Clear, Clear, Clear!



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Evaluating a Regression Hypnosis Session

This is intended to assist the trainer supervising a practice session, for general supervision of therapist's sessions. In supervising a regression it is your responsibility to assist the therapist and patient in giving and receiving feedback. Emphasize that this is a learning situation and not just designed to provide therapy to the trainee "patient". It is also helpful if you will observe the therapy session primarily from the process perspective. Always position yourself so that you have good visual contact with both the therapist and the patient, so that you can fully observe the non-verbal parts of each.

1. After the session, encourage the client and therapist to discuss the session in the following terms:

- A. What particular aspects of the session seemed significant to you as patient?
- B. What did you as a patient think the "therapist" did especially well?
- C. What do you as a patient think the therapist needs to improve?
- D. What aspects of the session were you as therapist most comfortable doing?
- E. What areas do you feel you as a therapist need to improve?

II. Process Feedback (by the supervisor)

- A. Did the therapist properly identify the "entry issue" or the core issue of the patient?
- B. Did the induction seem appropriate to the patient and did it flow well?
- C. Did the therapist pace the patient through the past life images well?
- D. Did he "lead" the patient inappropriately? Did he "stay with" the patient?

- E. Did he allow the patient time to sufficiently explore and clarify the basic issue?
- F. Did the therapist assist the patient in integrating the past life experience into current life? G. Did the therapist show unconditional regard and respect for the patient?
- H. Were there any areas of non-awareness?
- I. Would you feel comfortable referring someone to therapist at this time? III. Is there unfinished business?
- A. Do there appear to be personal issues between the patient and the therapist?

Using the In-Between Life Experience for Healing

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?”

Life Between Lives (LBL) Research

Dr. Michael Newton, Author of Journey of Souls, Destiny of Souls, Wisdom of Souls, Life Between Lives and more!

- ✚ Deep hypnotic state that guides you to a place where you remember the afterlife and reconnect with your true self and your guides
- ✚ Complete physical relaxation to reach spiritual hidden memories
- ✚ This is a more direct experience connecting with the spiritual realm
- ✚ Shows us that we are more than a physical being
- ✚ Can improve our connection to expanded consciousness
- ✚ Offers a renewed sense of purpose and peace

Managing Trauma and Intense Emotion (Abreaction)

***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 after the event.**

***Use emotional release/clearing models.**

***You ask them if they would like to observe the event up above... (not something in childhood that is severe)**

***Ask them what is happening now...**

***Then clear it!**

The Healing Process and the Mind, Body, Spirit Connection

Cayce's Journey

In his readings, Mr. Cayce tells us that at the superconscious level we can gain access to the Akashic Record, a chronicle of everything that has ever been thought, said, or done by everyone who has ever lived. The Akashic Record, also referred to in the readings as the Book of Life or the Book of God's Remembrance, can be thought of as the revelation of the Creator's all-encompassing wisdom and knowledge.

Reading 2533-8 Q:

“What is the Book of Life?” A: “The record that the individual entity itself writes upon the skein of time and space, through patience—and is opened when self has attuned to the infinite, and may be read by those attuning to that consciousness.

Cayce and CARE Acronym:

C- Circulation-Get exercise, chiropractic treatment

A-Asimilation-80% Alkaline, 20% Acidic (Mediterranean Diet)

R-Relaxation-Meditation, hypnotherapy, get out in nature

E-Elimination-If you follow Cayce diet, should be easy, or colonic/castor oil pack

Using Regression Techniques Professionally

- ✚ Keep learning
- ✚ Practice 10 regressions
- ✚ Offer these free and after, reduced
- ✚ Keep using release forms
- ✚ Keep notes on regressions
- ✚ Journal and reflect on what worked and improvements (email me after 10)
- ✚ Pluses and minuses of keeping recordings and giving to clients
- ✚ Technology-Zoom, use of headphones, pets two rooms away

Build your Practice

- ✚ Consider Life Coaching, clinical hypnosis training
- ✚ Determine how you will take money when you charge
- ✚ Enhance any website/social media
- ✚ Obtain liability insurance-American Pro Agency Insurance-1-800-421-6694
- ✚ Give group regressions at the YMCA or spiritual place and hand out card
- ✚ Have good energy! Keep working on yourself, so you can be fully available to your clients!
- ✚ Clear yourself before and after session!!
- ✚ SMILE! Make client feel safe.

Learning Check

1. What does research Psychology tell us about the induction of the hypnotic state? _____
2. Edgar Cayce used the terms mesmerism and hypnosis _____
3. It is clear you should never use hypnosis on someone who has _____ or _____
4. What is the number one reason for client interview?

5. One method for deepening trance is _____
6. What paperwork do you need before a regression? _____
7. If you notice your client having an abreaction, what are some things to do?

8. After an emotional release, you can use the

9. If you know a client has had severe trauma, you should do an age regression right away. True/False What should you do then?

10. After experiencing the death in a past life, you could go

11. Reframing is

12. What are the three essential factors to regression?
 - 1.
 - 2.
 - 3.

12. A regressionist is not responsible for _____

13. What is the best approach for questioning in a regression, non-directive or directive? Why?

14. The MOST important part of a regression is the _____ of

15. Edgar Cayce's CARE acronym stands for _____ and meaning...

C- _____

A- _____

R- _____

E- _____

Any other Questions? Karen Armstrong

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More key points and Using the Script

Use of language

Future oriented: "Soon you will notice..."

Connective

"the deeper you go, the closer you feel"

Involuntary

"You feel drawn to one of the doors...notice how one of the doors draws you...you feel an almost magnetic pull..."

Repetition

"deeper and deeper" or "closer and closer"

Expectancy

"the images and feelings are getting clearer...they are becoming very clear"

"soon you will have just the right words to express what you are feeling and seeing"

Language of parts

"soon you will notice that a part of you is deeply relaxed and deeply peaceful and another part of you is connected to my voice...notice that now...deeply relaxed and peaceful and connected to my voice"

Amplification

"the image is becoming clear now...becoming more clear...soon the image will be very clear..."

Positive

Use positive language as much as possible as the unconscious mind does not process the negative in "not" or "less". For example, it is much more effective to say "you are becoming more relaxed" than "you are feeling less tense".

Phase 1: Initial Contact

1. A client usually contacts you and asks basic questions and what to expect.
2. Answer any questions, make appointment, and send release forms by email.
3. Decide whether your appointment is by Zoom or in-person. Phone only is not recommended because you cannot see their trance states.

Phase 2: Orientation, establishing rapport, and outlining expectations (20 minutes)

1. Establish trust by using questioning from intake form. Normalize the experience and make client feel safe.
2. Explain your thoughts on reincarnation. Cayce tells us we have had 10's of thousands of past lives. Just like dreams come to us at night to help deal with current issues, past life memories can help us with current life issues. Give the client examples, such as resolving symptoms, conflict in relationships, or phobias.

Key points:

1. Sometimes the client may not feel like they are hypnotized or they may feel like they are making everything up. Encourage them to go with whatever comes like sitting and enjoying a movie.
2. Remind the client they have free will. They can disagree with any statements and they remain in control. Clients may get up and use the restroom. Ask them to use the restroom before, but if they do, return them to trance by using more deepening techniques.
3. Explain that the trance induction is like going through a guided meditation. It is just like the time between wakefulness and sleep. The goal is to get to the part of consciousness where the deeper soul mind is so that transformation can occur.
4. Explain to the client you will be using prayers of protection and guidance. Find out what spiritual language your client likes to use. Cayce would use the term "Creative Forces" when dealing with people uncomfortable with the word "God".

5. Ask your client to describe a safe place before the induction in case you need to go deeper. Use the senses!

Common Questions

1. *What if it doesn't work?* Let them know you trust the process and what needs to happen will happen. The best way to maximize results is to relax and keep an open mind.
2. *Has anyone not come out of trance?* No, at times intense emotion comes up and they will wake up suddenly, but it is rare. Let them know you will always have choices and free will.
3. *I cannot "see" any images...* Use the lemon test and have them practice all the senses. Ask them to describe a childhood memory from a photo. Sometimes clients can only see colors, but they also can "feel" things happening. I had a client feel a hug or feel love... If they still do not use any senses, use a healing light induction to get them to relax. Most clients say they feel better and in a higher vibration.
4. *I feel like I am making this up...* Cayce calls the imagination the bridge to the psychic. You will begin like you are imagining things, but if you stick with it, the experience will enhance. I have had my own experiences of being in a fairytale, but the symbolism was just what I needed for advice!
5. *Can I record the session?* I let the client be in charge of that unless they want me to send them the Zoom recording. If they abreact, they may not want to view it, or they may experience the emotion from the trauma again.
6. *Can I bring someone to the session?* Yes, if this makes them feel comfortable. You can also do a Couples' Regression and have one be the leader and one the follower.
7. *Will I remember the experience?* Yes, the suggestions in place say you will remember what is most important and helpful to you. Few go into the deepest trance like Cayce. He could not remember, and that is why his stenographer Gladys Davis took notes. It takes a much deeper trance to be able to reach the collective unconscious or what Cayce says is the Akashic Records. Cayce said anyone can learn to do what he did. They just need to get their ego out of the way!

Phase 3: Induction (30 minutes)

“Let’s begin by focusing in on the breathing...take a nice deep breath in through the nose and a slow, gentle breath out through the mouth”
(Repeat at least three times)

*The breath is the bridge to the deeper aspects of the mind.

“Now let’s begin to use the imagination...imagine with each breath in that a feeling of peace is coming into the body and the mind and with each breath out, feel yourself letting go, letting go of any and all tension...”
(Repeat at least three times)

*Insert a safe place induction here... (Using senses)

Cayce’s Prayer of Protection:

“As we open ourselves to the unseen forces that surround the throne of grace, beauty, and might, we cast about ourselves that protection found in the thought of God...”

I add:

“Let’s surround ourselves with this golden light...a golden light of protection...the two of us surrounded by a golden light...we invite here with us all the stewards of the light, those that come for the purpose and mission for today which is to bring in more light, more love, more understanding, more compassion into conscious awareness, so that we may lead more fulfilling lives and share that light with others...we invite all of our guides, angels, masters, entities of the highest vibration and purest intention...everything less...everything less than that of the highest vibration and purest intention to be outside this circle of light...”

“And we give thanks for this protection and guidance...we welcome all the assistance gathered here...we thank you for joining us.”

“Let’s continue now...going even deeper now...feeling this protection and much easier it is to go even deeper now...”

Moving away from thoughts and other distractions:

“You may notice that thoughts will come to mind...it is natural to have thoughts...notice any thoughts that come into your mind, notice that thought and let it drift away. (You can use a balloon, a cloud...) Notice these thoughts and come back to your breathing and my voice. As thoughts come, let them drift away...”

The voice is your guide:

“My voice will be your guide... my voice will be your guide... we will be on a journey into consciousness...safe and protected...my voice will be your guide...We are gathered today on a journey to bring more light, more love, and more peace into consciousness (Add their goal) My voice will be your guide on this journey...we have lots of protection and guidance... notice how safe and protected you feel...the deeper you go, the more safe you feel...closer and closer...deeper and deeper...there is something here for you...something here for you to find...something good...you can feel it...”

Creating Expectancy:

“Now I’d like you to imagine a time in your life that you were expecting something good and it came to be...maybe exceeded your expectations...maybe a special occasion, birthday, or holiday, trip...soon a memory will come to mind...notice the memory coming into your mind...a time when you expected something good ...make the memory become clear...let the feelings become clear...something good is here for you and you can feel it...” (Nod your head if you can see or feel this experience.)

Activation of Universal Spiritual Law

“There’s a universal spiritual law that you have activated today...the law states that if you seek, you shall find...you have activated that law...you are here today seeking answers...seeking understanding...seeking guidance...you know that this law will be in effect today...there is something here for you...you can feel it...the more relaxed you feel...the closer you get...notice that now...deeper and closer...with every breath you take...more and more relaxed...deeper and deeper...the law is serving you today.”

Checking in to verify client is hearing your voice

It is good to regularly ask “soon I will ask you a question and the question will come easily and naturally...if you can hear my voice, nod your head.” Then you can be sure your client is not too deep...

If your client does not hear your voice

Most often, if this happens, the client has fallen asleep. Continue to make the above suggestion. If they still do not answer use... “Soon I will count from one to five and you will be able to hear my voice...I will be counting from one to five...hearing my voice...relaxed and peaceful, but attentive to my voice...

*Sometimes, a client can hear you, but is unable to verbalize. Just check in occasionally... “If you are having an experience, nod your head...” I had a client do this, but she used all sorts of facial expressions... sadness, happiness... When she came out, she could verbalize what she saw and felt.

*Sometimes, a client may be interested in PLR on the conscious level, but be afraid of what they may uncover on an unconscious level.

Relaxing the body

In this stage you go through each body part, focusing the client’s mind on the body parts... You can start at the head or the toes... In this stage you continue to monitor trance states and check in.

In this stage you will also plant future suggestions such as... “There is something here for you and you can feel it...the more relaxed you become, the deeper you go...”

“Let’s focus on the toes...bringing your awareness fully on the toes...noticing any sensations in the toes, feeling them sinking into the floor...”

If you started at the toes and end at the head, you can add some sensory memory... ask the client to remember someone washing the hair and massaging it... “Feel the warm water on your scalp, the pleasant feeling of

the massage... Now the body is relaxed and peaceful, from head to toe, so completely relaxed.”

Questioning depth of trance:

At any time you can question the level of trance... “Soon I will ask a question and you will be able to answer easily and naturally...on a scale of 1-10 with 1 being awake and alert and 10 being deeply relaxed, what number comes to mind?”

The answer of 7 and up indicates a deeper trance level. If this is so, you can skip more of the deepening techniques. If the client is alert, they are in low trance, slow and quiet voice, a deeper trance.

Deepening Trance:

After the relaxing body phase and depth check, you can use a number count up to enhance the trance. If the number was below 7, use the other deepening script and then the count down.

“When I count down from 10-1, you will be at just the right place...10...9...8...deeper now even deeper...7...6...very deep...5...so deep...4...3...2...and 1...now let yourself adjust...notice all the loving energies around you...”

*You can ask for another level now if you did more deepening.

Phase 4: Regression Experience (45 min.-1 hour)

“Soon you begin to notice images...you will begin to notice images...notice now that you are standing in a field of grass...let that image become clear...notice it is low cut and easy to walk through...the field is bordered by a forest...let that image become clear. Notice how good it feels...there is something here for you...Once the image is clear, you can let me know by nodding your head or saying ‘yes’.”

*See script and amplify situation continually developing sensory awareness.

(Here you have options for more doors) “Notice you are standing in front of a long corridor... There are three doors...one in the middle...one on the left, and one on the right... Notice you are drawn to one of the doors...What you seek is behind a door... Soon you will notice which door you are drawn to and you will let me know...”

*Continue with the adjustment phase of the script and allow for longer pauses.

*Use non-direct questioning as much as you can.

*See script for examples of non-direct and direct questioning.

*If it stalls and they are not seeing anything more, ask them if they would like to go to an important event in that lifetime that would help with the issue.

*If there was a strong emotion not having to do with death, do an **emotional clearing**. You can also do that with death.

Life Between Lives

*You can then ask the client to float upward to the space of healing and life review and ask the higher self for guidance.

- ✓ Make the transition, crossing over, leaving the body now...soon you will be able to describe what you are feeling.

This is the part where angels, council, guides, and love ones may appear. Be sure to make the connections to the present life and what they learned.

*Anything can happen here!

- ✓ Notice how safe and familiar you feel...let those images or words become clear. Amplify this...

Now you can use some post hypnotic suggestions:

- ✓ More and more will be revealed to you in the coming weeks and months
- ✓ You will take with you what is most useful and helpful
- ✓ I add: You will get the best sleep knowing you have cleared yourself of this issue.

“Soon I will count up from 1-10 and with number you will become more awake and alert...”

Use affirmations here:

- ✓ You will integrate your mind, body and spirit to balanced conditions
- ✓ I repeat the above suggestions...
- ✓ Depending on emotional model, I will use... “Now that you have been cleared, you will feel more love and acceptance.”

Phase 5: Review (15 minutes)

- ✓ Give the client a few minutes to adjust
- ✓ Water/restroom
- ✓ Ask them what they thought of the experience
- ✓ Talk about the relationship from the past life to the current life
- ✓ Collect any fees
- ✓ I let my clients know they can email me any questions or follow up
- ✓ Tell your client how much you enjoyed working with them. I always say, “It was an honor for me to help you with this experience.”

Session Complete (1 ½ to 2 hours)

Book Suggestions

Hypnosis

Daniel Araoz	<i>The New Hypnosis</i>
Theodore Barber	<i>Hypnosis</i>
Deirdre Barrett	<i>The Pregnant Man</i>
David Cheek and Leslie LeCron	<i>Clinical Hypnotherapy</i>
Rachel Copeland	<i>How to Hypnotize Yourself and Others</i>
Ryan Elliot	<i>Wide-Awake, Clear-Headed & Refreshed</i>
Milton H. Erickson	<i>Healing in Hypnosis: The Seminars, Workshops, and Lectures...</i>
Stanley Fisher	<i>Discovering the Power of Self-Hypnosis</i>
Irene Hickman	<i>Probe-Hypnosis Practical</i>
Raphael H. Rhodes	<i>Manual for Hypnotic Induction Profile:</i>
Herbert Spiegel	<i>Clinical Practice of Hypnotherapy</i>
Erik Wright	<i>Essentials of Hypnosis</i>

Near Death Experience/Reincarnation

Jeanne Avery	<i>Astrology and Your Past Lives</i>
Henry L. Bolduc	<i>The Journey Within: Past Life and Channeling</i>
Carol Bowman	<i>Children's Past Lives</i>
Gina Cerminara	<i>Many Mansions: The Edgar Cayce Story on Reincarnation</i>
	<i>Many Lives, Many Loves</i>
	<i>World Within</i>
Gloria Chadwick	<i>Discovering Your Past Lives</i>
Anabel Chaplin	<i>The Bright Light of Death</i>
Jenny Cockell	<i>Across Time and Death: A Mother's Search for Her Past Life Children</i>
Adrian Finkelstein	<i>Your Past Lives and the Healing Process</i>
Joe Fisher	<i>The Case for Reincarnation</i>
Yonassan Gershom	<i>Beyond the Ashes: Cases of Reincarnation from the Holocaust</i>
Bill and Judy Guggenheim	<i>Hello From Heaven!</i>
Brian Weiss	<i>Many Lives, Many Masters</i>
	<i>Through Time Into Healing</i>
	<i>Only Love is Real</i>
	<i>Messages from the Masters</i>
	<i>Meditation: Achieving Inner Peace and Tranquility in Your Life</i>
	<i>Mirrors of Time</i>

Delores Cannon

Eliminating Stress, Finding Inner Peace Same Soul, Many Bodies
Between Death and Life
Five Lives Remembered

Healing and Alternative Medicine

Shepard Bliss

The New Holistic Health Handbook: Living Well in a New Age

Joan Borysenko

Minding the Body, Mending the Mind
Fire in the Soul

Barbara Ann Brennan

Guilt Is the Teacher, Love is the Lesson

Deepak Chopra

The Way of the Mystic

Larry Doss Beth

A Woman's Book of Life

Dupree Richard

Hands of Light

Gerber Louis L.

Quantum Healing

Hay Dennis T.

Healing Words

Elisabeth Kubler-Ross

The Healing Consciousness: A Doctor's Journey to Healing

Vibrational Medicine: New Choices for Healing Ourselves

You Can Heal Your Life

Death, the Final Stage of Growth

On Death and Dying

The Wheel of Life: A Memoir of

Living and Dying

Louis Hay

Meditation to Heal Your Life

You Can Heal Your Life

Heal Your Body

The Power is Within You

Book Ideas From Class
