**Regression Techniques**

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# Voice Installing

Now –I’d like you to know that you will be able to use your voice just like you normally would--while under hypnosis –your voice will work perfectly fine---as you stay comfortably deep within a pleasant state and level of deep relaxation.

# ****Protective Shield****

And drifting way down relaxed now ... and just allowing your entire body to rest and relax ... and as you go even deeper all distractions just seem to disappear ...

I want you to concentrate on your breathing ... breathing in pure relaxation and exhaling all the tension in the body ... feel all of the tension leaving the chest area as you exhale ... feel yourself relaxing even deeper with each and every breath ... and your breathing is so regular ... so easy and effortless and you are relaxing more and more ... and your entire body is completely and totally relaxing --as you drift even deeper down with each and every breath ... and you feel a warm wonderful sense of relaxation and going even deeper down ...

And you may have noticed that some areas of the body are more easy to relax ... and concentrating on the areas of the body that you find to be the most comfortable, very relaxed and concentrating on these areas now you are recognizing and realizing what there is about those areas that makes you so comfortable and so very relaxed ... and feeling all the sensations in those areas ... the most relaxed and comfortable parts of your body ...

And allowing ... and feeling the comforting sensations of the most relaxed areas of the body begin to spread ... and as this marvelous warm wonderful feeling of relaxation spreads to other parts of the body the feeling of relaxation becomes stronger and the relaxation spreads out beyond those areas ... and continuing to spread to all the parts of the body you desire to relax deeper and even deeper ...

Picture and imagine the relaxation spreading like the rays of sun ... gently warming and relaxing ... like the rings of water spreading from a pebble tossed into a gentle pond ... and the relaxation spreading to every muscle, cell, fiber and bone in you body ... and you are enjoying this tranquil and peaceful relaxation in every part of your body ... and with every passing moment this feeling of deep, tranquil and comforting relaxation becomes stronger and every cell, nerve and part of you body knows and enjoys this wonderful sensation ... and this wonderful feeling now goes out beyond the physical confines on your body ... spreading out beyond the skin to form a protective shield around you ... and you can let this feeling spread far ... far ... beyond your physical body ... or keep it close like a second skin ...

And since this protective bubble or shield is your own creation you can do with it what you wish ... you can use this shield in any way you want to ... the uses of this shield are limitless ... it can act as a filter, to filter out those feelings or things going on around you ... and filtering situations that are uncomfortable and allowing you to let in those feelings you wish to let in and experience ... and it can act as an amplifier to help you understand people and to help people understand you ...

And this protective bubble can be invisible or visible to a few people or as many people as you want it to be ... and you are using this protective shield any way you choose to use it ... and that is okay ... because this shield is your own creation ... and you are using this shield and enjoying comfort in every part of your body ... practicing and using this shield ... and allowing it to spread ... and allowing it to go beyond the confines of your physical body ... and you can experiment with it ... making it as large as you like ... using it as a transport to another place or time ... and the more you use it the stronger it becomes.

And realizing now that when I awaken you ... you can return to this place of peace, tranquility and deep relaxation and use this shield any time you desire to do so ... and you are using this shield and feeling the relaxation spread to all the parts of your body ...

# The Three Things We Do in Hypnosis

I’d also like you to know that ---There are three things that we can do together---whenever we do hypnosis.

First,---- I can talk ----and you can simply follow instructions,-- and by doing that --you are already creating a nice level of hypnotic relaxation.

Second, ---you can think about things ---that I suggest to you. ---For example,-- right now---I’d like you to think about a perfectly formed leaf--- from a tree,--- let it be green like in spring time,---- and with a single drop of moisture upon it---- as if-- a warm and gentle rain had just passed by.

That’s right---

Third,---- we can focus on feelings. For example, ---even though you might not have been thinking about it a moment ago, ---merely because I suggest it and for no other reason,--- your mind becomes aware of the feeling of the chair pushing up into your back,---- which reminds you ---that you are safe, ---secure, --- continually relaxing with every natural breath that you exhale.

You are doing very well--

There is also a fourth thing that we can do--- and that is--- that you can remember things that I suggest to you.

# Regression when the event or date is known

Now-- In a moment-- I am going to suggest three memories to you,--- and I want them to be only positive and pleasant memories.

As each one comes up,--- I’d like you to raise your ‘yes’ finger **(touch right index finger)** --to show me –just how well you are doing.

----OK---and now a pleasant memory comes to you,--- a memory of a pleasant time when you saw a place --that you felt –was of great beauty.

It could have been a place that you somewhere recently—or somewhere long in the past--- and when that pleasant memory comes up---just raise your ‘yes’ finger.

Good, ----now another pleasant memory comes to mind. It is a time --when you were with friends perhaps –or with people that you felt very comfortable with--As that pleasant memory comes to mind – I’d like you –to just give me another finger signal.

Good. ---And, now--- a third pleasant memory comes to mind, ---it is a pleasant time when you were much-- much younger ---a time when you felt very good about yourself-- and as that pleasant memory comes to mind, your ‘yes’ finger raises. -- Good.

And, now--- you have another memory, --it was that time when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. As that memory comes up ---I’d like you to again raise your ‘yes finger.

Good. ---Now as I count from 5 back to 1, ----you will go to that time ---as if it was happening all over again. 5…4…3…2…1…

# Affect Bridge Finding the Core Issue

**(Affect Bridge-stay in present tense---use touch ---tap forehead and then put hand on head )**

1. And now,--- I’d like you to focus your attention to a feeling inside yourself --that you don’t like.
2. A feeling that has everything to do-- with why you came here today...
3. You –probably--have tried ignoring it---distracting yourself ---from it--but today ---is the day ---we are going to dissolve it --away.
4. Now— and as I talk about it ---simply allow your attention to go to that feeling —simply allow it to grow inside of you –knowing that you will be just fine ---
5. And as I count from 1 to 5---- allow that feeling to come up as real --and as powerful as it has ever been – just trust yourself ---and allow whatever wants to come up –to get to the surface--
6. OK-- 1**(tap forehead)…** allow that feeling to rise up within you.
7. 2… coming up more and more.
8. 3… allowing it to come up more strongly now. 4 …becoming stronger and stronger --more powerful
9. And ... 5…**(touch head) -----** and there it is, - just allow whatever it is to come right to the surface –and connect with it--
10. (*I can see that you have connected with it ---either consciously or unconsciously ---because you are …………* **(point out what you see that shows that she is experiencing the emotion, such as breathing faster, muscle tightness, her face turning red or tears).**
11. And you will find ---that this feeling that you are experiencing there -- is a bridge to the past… because it is connected to the very first time that you have ever felt this way.
12. Now—I’d like you to really focus on that feeling;

# Affect Bridge - Alternative

Think of a situation where you react in a way that you don't like?" – **yes (allow to explain the situation)**

And when that happens – you feel something in your body – right?

And can you bring that feeling up now?" **yes**

"OK. So where do you feel that in your body?" **(yes…in the \_\_\_\_gut)**

OK - do you hear any internal dialog or any sounds in your mind as you feel that feeling, right in the \_\_\_\_gut?"

**(Yes—allow to explain)**

And what imagery goes with that feeling--that you feel? **(allow to explain)**

I'd like you to concentrate on that feeling, that sound and that imagery. And just say to yourself, to your unconscious mind; 'Go to an earlier time, when I had these same sensations,' and notice what comes up."

***(If not getting anything)***

"OK. Don't try to make it happen. Don't stop it from happening. Just allow any sound, image or feeling that comes to you to come to you. Now I know you've got several others of these in here because you were just talking about them. So, concentrate on the feeling in the gut, say to yourself; 'Go to an earlier time when I felt this same emotion."

***(If getting something)***

"What do you get?"

"I'd like you to concentrate on that feeling in your \_\_\_\_\_\_\_\_\_\_gut, and just allow whatever happens to happen and ask your unconscious mind to go to the first time that you had that feeling."

# 

# Regression Pacing (until ISE found)

“Now--- hold on to that feeling –that you are experiencing there ---and as I count back from 5-1 – I’d like you to go to an (even) **earlier time** when you felt this way”

“Counting now- just let yourself go ----5,4,3,2,1**(touch forehead –then top of head)** –---

Be there ---- (Tell me –what is your) first impression?”

Is it Day time or night time? **(wait response)**

Are you Indoors or outdoors? **(wait response)**

Are you Alone or with someone? **(wait response)**

**7. If with someone** “who are you with?”

**7. If alone** “How are you feeling alone?”

How old are you? – What is happening?-- What are you feeling?- What are you thinking? – Where is that feeling inside of you?

*(****Use the age or feeling as the nominator******i.e. how are you feeling 10? – progression usually goes back into childhood- i.e. I will be talking to the inner child – or subconscious/childish mind where all emotions/beliefs/feelings are generated/stored – the adult mind is the conscious/focused/rational mind)******Proceed by asking questions about what is happening, what they are doing; and how they feel about it. Stay in present tense and continue for about 2 minutes –note down events so you can use later!!!***

“Now--I am going to ask you a question – And I’d like you ---not to think too much about the answer to that question – just allow yourself to feel it” – OK? -----Good -----

now – the question is --“Is that feeling inside of you-- that you are feeling there right now –-- in that situation---is it new -- or does it feel somewhat familiar?”

“By familiar I mean-- is it a feeling like “Oh boy, here we go again” or is it a **new** feeling like “OH ---what is going on here?” **(wait response)**

**11. If familiar- continue to regress- start from top**

**11. If new – likely to have reached the Initial Sensitizing Event- but needs to be regressed again one more time**

***!!For last regression in any case- even though ISE may be evident say:***

“OK--Focus your attention on that feeling --- and as I count from 3 back to 1 –I want you to go to the first time you ever felt this way” *--* **don’t use the word ‘back’**

**Check ISE Verifications as per attachment!!!**

# Moving along in Age Regression

***Location:***

1. daytime or night-time?
2. indoors or outdoors?
3. are you alone or with someone? (Who is there?)
4. Describe where you are.
5. Are you standing—sitting ---or laying down?
6. Where are you now?

***Definers:***

1. Tell me more about that.
2. Describe that to me.
3. Tell me everything as it happens.
4. What happens next?
5. What just happened?
6. What do you want?

***Feelers:***

1. How do **you** **feel** about that?
2. How does **s/he feel** about that?
3. How can you tell that **s/he feels** that way?
4. What is making **you feel** that way (10)—ie. Regressed age of:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

***Movers:***

1. **Move on** to a time when you felt \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. **Move forward** to the next time you feel that way.
3. **Move forward**.
4. **Move back** to a previous time that you felt that way.
5. **Move back** further to the earliest time you can remember
6. **Move Back/Forward** onto the next significant event.
7. **Continue--- Keep going. ---Good-----Go on.**
8. **How old are you?**
9. **How are you feeling?**
10. **Is the feeling – new or familiar?**

“As I count back from 5-1 – I’d like you to go back to (the earliest time) (an earlier time) when you felt that way”--- “5,4,3,2,1 –-- be there----First impression”

# Before ISE Regression

Now – In a moment I am going to count from 3-1 and as I do --I want you to go further --before (all this is happening) (that event),---and that could be either just a few minutes,---hours or days before—(a time when you felt safe –secure—and all good about yourself)

“OK--Counting now-,3,2,1 AND --be there ---- Tell me what is your first impression?”

Is it Day time or night time? **(wait response)**

Are you Indoors or outdoors? **(wait response)**

Are you Alone or with someone? **(wait response)**

**7. If with someone** “who are you with?”

**7. If alone** “How are you feeling alone?”

How old are you? – What is happening?-- What are you feeling?- What are you thinking?

**(The feeling associated with the problem should not exist.  This further verifies that the feeling was new)**

**MUST FEEL SAFE AND SECURE!!!**

**(i.e. similar to the ‘new starting point’ in rewind technique)**

Shortcut – say: In a moment I am going to count from 3-1 and as I do --I want you to go to an even earlier time --before (all this is happening) (that event),---and that could be a few minutes, hours or days before—to a time when you felt safe and secure –and things were good –

**then start from A-E**

**Neutralize irrational feelings but acknowledge feelings that are justified!**

# Informed Child Technique

**(Goal=remove any *fears* or *misperceptions* that the child had about him/herself, others or his/her world)**

Now---I’d like you to imagine how the child **(that younger part of you)** goes into the background and listens--- while I will be talking ---to the adult – there now

Now—Talking to the adult now – Let me ask you-

* *“Wouldn’t it have been nice if you knew then --- what you know now?* **(wait for yes response)**
* ---Let me ask you--- If you had a child like (her/him) \_\_\_\_\_\_\_**(client’s age and name),** --could you love her/him with all your heart? **(wait for yes response)**
* Could you understand and respect her/him? **(wait response)**

**What would you want to tell her/him- that could make her/him feel a lot better – safe and secure?**

**MOST IMPORTANT PART**

**(goal=get client through the ISE without being negatively affected by it- dispute irrational emotions)**

OK--Now –that this is clear –I’d like you to do something very special now--- I’d like that part of you –that is the adult---- to go and connect to that much younger part of you –(*to that time ---just before all this is happening*) –

* taking with you all that --that you know now—
* taking with you --all that knowledge ---and all that wisdom---
* taking with you all the things you know so much better now –
* and really tell her/him –(and you can do that silently of you can do it loud) that:

# Self Esteem platter:

* From now on you will be there for her/him
* That there is absolutely nothing wrong with her/him
* That everything is – and will be OK from here on
* That s/he is (beautiful) --worthy of respect---—
* That s/he is loved—
* Tell her/him all the other things s/he needs to hear to truly understand what needs to be understood – so that s/he feels safe and secure
* That there is absolutely nothing wrong with her/him – (and that there was a big misunderstanding)

So…take your time with all of that -- And when you have done that— and only then-- I’d like you to give me a finger signal-- **(wait response)**

OK—you are doing very well --- again—to be absolutely clear about that –this time - I’d like you to ---speak out loud in a soft voice after me – so that s/he can hear:

Say--- you are loved  **(wait response)**

Say—you are worthy **(wait response)**

Say—you are respected **(wait response)**

Say--- you are beautiful just the way you are **(wait response)**

Say- from now on you can be confident

Say---there is absolutely nothing wrong with you  **(wait response) ----**

Say--- you are safe and secure now  **(wait response)**

Say—you understand now **(wait response)**

Say—you are calm and confident **(wait response)**

Say--- I am proud of you  **(wait response)**

Say---there is absolutely nothing wrong with you  **(wait response) ----**

Say - It was all just a big misunderstanding – but you understand clearly now---

OK --Now – talking to that much younger part of you--I would like that much younger part of you now to completely understand ---that:

* the adult cannot possibly lie to you–--
* because you both share the same feelings –you both share the same heart – and as you know-- you are in fact –one and the same— you always have been and you always will be
* and now you are combined in thought and more importantly ---in feeling--

# Phobia Platter:

OK--Now –that this is clear –I’d like you to do something very special now--- I’d like that part of you –that is the older part of you---- to go and connect to that much younger part of you –(*to that time ---just before all this is happening*) – taking with you all that --what you know now—taking with you --all that knowledge ---and all that wisdom---all the things you know so much better now -- and really tell her/him –(and you can do that silently or you can do it loud) that:

**Phobia platter:**

**Tell her/him:**

* From now on you will be there for her/him
* That there is absolutely nothing wrong with her/him – and that there was a big misunderstanding
* That everything is – and will be OK from here on
* Tell her/him all the other things s/he needs to hear to truly understand what needs to be understood – so that s/he feels safe and secure

So…take your time with all of that – and only when s/he feels safe and secure – and only then --—I’d like you to give me a finger signal—

**(wait response)**

OK—you are doing very well --- again—to be absolutely clear about that –this time - I’d like you to ---speak out loud in a soft voice after me – so that s/he can hear:

Say--- you are safe and secure now  **(wait response)**

Say—you understand now **(wait response)**

Say—you are calm and confident **(wait response)**

Say--- I am proud of you  **(wait response)**

Say---there is absolutely nothing wrong with you  **(wait response) ----**

Say - It was all just a big misunderstanding – but you understand clearly now---

OK --Now – talking to that much younger part of you--I would like that much younger part of you now to completely understand ---that the adult cannot possibly lie to you–--because you both share the same feelings –you both share the same heart – and as you know-- you are in fact –one and the same—and now you are combined in thought and more importantly ---in feeling--

# Adult Platter

Now –speaking to the adult ---I’d like to ask the adult part of you there now--to sincerely tell that younger part a few very important things–and do it from the bottom of your heart – so please speak after me: Tell the younger part-

I’ll always be here for you **(wait response)**

Say-I’ll never let you down **(wait response)**

Say- I will never lie to you-- **(wait response**

Say-You’ll never be alone **(wait response)**

Say- Because I do truly love you –and understand you – **(wait response)**

Say-Because you are always in my heart – and there is no way I can ever let you down –

Say-Because we are one and the same. **(wait response)**

Say-Because our heart is one and the same. **(wait response)**

That’s right---

OK--- In a moment I am going to do something very special-- and as I do, ---I’d like you to tell that much younger part of you –,---

* I love you
* I am always here for you

three times –and you can do that silently -- or you can say it out loud --in a soft tone of voice—either way

you can now—begin saying

* I love you
* I am always here for you

At the same time—using the power of your mind there now ---I’d like you to imagine how–that much younger part of you---becomes so small--- that s/he fits into the palm of your hand—(just like a little doll) **(take hand and make fist)**.

So- imagine how you keep him/her there ---And,--- as I move your hand towards your heart –I want you to imagine –that s/he goes right inside of you,--- into the center of you--- next to your heart**(place hand)**, ---where s/he can always feel your love,-- and never feel alone,-- and where you can always be ---very proud of her/him.

# Reflection

And as you stay with that feeling for a while – I want you to reflect there now – and ask yourself some very important questions—Questions like:

* How does s/he like it in there—next to your heart?
* Does s/he trust you?”
* Does s/he feel safe and secure?—

**Very good -- you are doing very well!**

OK- (I’d like you to be the adult there now) –And so I’d like the adult part of you now--to share with that much younger part of you there now—pass on –

* all that wisdom you have accumulated–everything that you know –so much --much better now---
* Pass on everything that you wish you could have known --back then----everything—
* share everything you believe is important for that much younger part of you--to know---so that the s/he is able to fully understand –
* so that s/he –is feeling at ease –feeling safe and secure - truly understood – loved and respected –

just take your time--and when you have done all of that --- then and only then -- a simple “yes” will do – to let me know—that you have done that—**(wait for yes). -**

**—OK— You are doing very well.**

And as you stay wonderfully relaxed---I would like to speak to the child directly now—

* Understand - you are now feeling safe --and secure - - loved and respected --- ---
* you know now that you can trust the adult –because you know –you have always known--that you are one and the same—

OK – and now with this better understanding –that better feeling --I’d like you to get ready now--- BECAUSE:

# Event by Event Finish Option

As I count from 1-5—you get to grow up **(further)**—and I like you to move forward to the \_\_\_\_\_\_EVENT\_\_\_\_\_\_when you are just \_\_AGE\_\_\_ old—

and I’d like you to notice how your feelings have changed ---with that knowledge and understanding--- that you are having now---with the adult beside you --guiding you along through your life ---helping---guiding you with this new--- and much –much better knowledge and wisdom --- on your path----telling you the truth – assisting and helping you – in every way possible --- as you move forwards – through time ---changing the way you understand and feel about yourself for the better – for the best— with no worries at all--

OK- As I count now from

**1**---move forwards in time

**2**---through all that --which used to be misunderstood –now changing-changing

**3**---for the better –from your better –more enlightened ---wiser understanding

**4**---loved –embraced and respected---valued- the adult beside you--guiding you

**5**—be there –in that situation--feeling safe and secure –light and very calm

Talking to the adult now – how is that younger part feeling with this new and better understanding? **(wait response)**

Good--

Talking to the child now -- How are you feeling about yourself now (little one)?—with all that better –wiser understanding—all that knowing-- about yourself? **(get positive response – if not continue to regress because this may not be before the ISE after all –**

**Start again from A – until all distressing events as per list are resolved.**

# Quick Finish Option

As I count forwards from 1-5 you get to grow up –with that much better knowledge and understanding---with the adult beside you --guiding you along through all these different stages of your life ---helping---guiding you with this new and better knowledge and wisdom ---through each and all of these events that are on that path--- to where you are now---telling you the truth – assisting and helping you – in every way possible --- as you move forwards – through time ---changing the way you understand and feel about yourself for the better – for the best—

# FINAL Finish

OK- As I count now from

1---move **(further)** forwards in time

2---through all those other events and situations that used to be misunderstood---all those events—now changing

3---for the better –from your better –more enlightened ---wiser understanding

4----feeling----loved –embraced and respected---and completely valued

5—to the here and now –feeling released –light and very calm – still in hypnosis

You are doing very well---

# Informed Adult

**(goal= to test the merging of feelings/information between adult self and child self into one self)**

OK- and now---I’d like that much younger part of you -- –to inform the adult part within----about all the changes that have taken place---

That’s right- and to do that ---thinking about the changes that have taken place ---deep within----I’d like the child to finish the following three important sentences:

I have changed because now I know……...**(wait response)**

I have changed because now I feel ……….**(wait response)**

I have changed because now I think ……….**(wait response)**

Well done—now I’d like the child –that much younger part of you---to deeply understand and know inside:

*You have changed.*

*Because you have changeed--- the adult changes,--- because you are one.*

*Because you live in her/his heart ---where all your feelings come from.*

**That’s right-**

**You are doing very--very well**

OK - let’s move on now

# Future Self

**(goal= to allow positive future projection i.e. goal setting as post hypnotic projection)**

OK- As I count from 1-5 in a moment-- I want you to move from here ---into your future with your new --and better feeling and thinking—about yourself--and all that wisdom you have accumulated.

**1**---move forwards in time

**2**---into your future

**3**---see yourself with your better –more enlightened ---wiser understanding

**4**---the way –you will be---the way you are (as a non smoker/slimmer you) as a happy you—(a life full of hope – filled with great excitement)

**5**—And ---be there –

And now I want you to really allow yourself –to experience --- those better ways --the better ways you are feeling –the better ways you are thinking --about yourself –in that future of yours—really imagine it clearly –imagine it as vividly— feel it as strongly -- as I stay quiet for a while—and when you can really –really –imagine it there –the way you are from this moment on – with your better –much more wiser self --- with your much more better –understanding -- give me a finger signal –so I know how well you are doing **(wait for 60 seconds)**

Now – let me ask you--How are you feeling about yourself—with all that better –wiser understanding—all that knowing-- about yourself? –**(wait response)** What are you thinking? –**(wait response)**

Good—you are doing very well—Understand that from this moment on ---your future-self will be your coach and reminder of success- it will always be there and guide you –never letting you forget—not even for a moment— that feeling – that knowing –that you are a complete success—(and when your subconscious mind has accepted these true suggestions—I’d like you to give me a finger signal) that’s right

# Returning to Present

**(goal= to orient client back into present state of awareness)**

And, now--- I am going to count from 1 to 3 and you will be back here with me,--- but still in hypnosis ----where you will allow yourself to remain comfortably relaxed--- in your chair –with your eyes comfortably shut—feeling very calm and at ease--

OK-- 1,--- 2, and 3 – back in the here and now –comfortably relaxed with eyes shut –listening attentively to every word I say…………..

# Tie all information together

Now you see-- how that feeling that you have been carrying around inside of you is nothing more than :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

That is why you always thought (that you are not worthy – not lovable --

:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

But, because of what you experienced here today, that feeling has been completely resolved and now you feel safe and calm inside.

That old feeling (of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_) is gone forever and you will find that now you have control over the way you think –the way you feel –and the way you will act--

For example, weight loss:

“Now you see how that feeling that you have been carrying around inside of you is not physical hunger at all.  That is why you always thought that you felt ‘hungry.’  You were trying to feed the fear.

But there is nothing you could eat that could take that fear away.  But, because of what you experienced here today,-- that feeling has been completely resolved and now you feel safe and calm inside.  That old feeling is gone forever and you find that now you have control over your food intake (and so on).”

# DIRECT SUGGESTIONS

**(goal = re-enforce the changes that the client came to achieve – use also information gathered during regression )**

From now on you understand;

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

From now on you now will feel;

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You now know you will think;

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From now on you will;

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**Use information from FRQ (Feelings and Response Questionnaire) previously administered**

**+**

**information collected from session notes)**

**Go to Post Hypnotic Suggestions and then Emerge!!!**

# Past Life Regression Script

Now visualise, imagine, or feel a warm light completely surrounding your entire body --and being,-- as if you are in a cocoon or a halo of pure light. -- This protects you and relaxes your skin and all of your muscles … letting you feel even more peaceful, --even more calm,-- and more relaxed.

Now-- in a moment I’m going to count back from five to one.-- With each backward count, you will feel more and more peaceful and calm,--- and the level of your relaxed state will deepen and deepen,-- until by the time I reach one, --you will be in an incredibly deep state, your mind will be freed beyond the normal limits of time and space.-- You are then able to remember anything-- from any time that has a particular relevance to you.

**5**. Deeply relaxed.

**4**. Going even deeper now.

**3**. Nothing bothers you now, nothing disturbs you.

**2**. Nearly there now.

**1**. Deeper and deeper. ---and Let your mind wander now.

And I’d like you to know --You are in this deeply relaxed state,-- but if you feel any discomfort for any reason,-- now or later, you are in complete control,-- and you could open your eyes and come back to complete calm awake awareness at any time-- that you wanted to.-- So you could now end this session ---and not proceed ---merely by opening your eyes, --then you will immediately return to your normal waking state,-- with full control of all of your psychological and physical functions, --feeling wonderful,-- relaxed, --and refreshed.

If you choose to continue on --- and go further,--- now-- picture, imagine, or feel yourself descending slowly down a long and glowing staircase, ---step by step. ***(Pause)***

At the bottom of that staircase there-- is a doorway –and you will notice – that there is a bright light shining on the other side.

You are feeling completely relaxed, --at ease, and very much at peace.

So-- Descend down the stairs now,-- towards that door,-- knowing that your mind is no longer limited by space,-- or time, --or normal conscious logic, -- and allow your subconscious mind now --- to remember anything it wishes to remember - anything that is relevant – right here and right now--

And so---When you pass through that door, --into the light, -- allow yourself to be in a situation ---where your subconscious mind wishes to remember –whatever it is – that it wishes to remember -and it doesn’t really matter whether this is this time in your life --or any other time – before then—

And remember -- You can go backwards -- and forwards in time if you needed or wanted to – also remember – that if you feel any anxiety,-- just float above your body, --so you can be observing rather than --actively feeling and participating- in what is going there for you – right there and then-- Or you can simply open your eyes --and end the entire procedure-- if you prefer.

And so—as you keep descending down that staircase – and through that door – towards the light -- You may be going to a time--- from which a symptom of yours, -- a feeling, or a relationship first arose -- the root cause – take your time—

and when you can get something there –whether that is just an unexplainable feeling or a very clear conscious thought-- anything really – that your subconscious mind feels – is significant -- I’d like you to give me another finger signal *(wait then ask questions)*

Good now-- spend some time exploring what is going on there for you.—

So – let me ask you --- what is happening there for you?

## Moving along in Age Regression

***Location:***

1. daytime or night-time?
2. indoors or outdoors?
3. are you alone or with someone? (Who is there?)
4. Describe where you are.
5. Are you standing—sitting ---or laying down?
6. Where are you now?

***Definers:***

1. Tell me more about that.
2. Describe that to me.
3. Tell me everything as it happens.
4. What happens next?
5. What just happened?
6. What do you want?

***Feelers:***

1. How do **you** **feel** about that?
2. How does **s/he feel** about that?
3. How can you tell that **s/he feels** that way?
4. What is making **you feel** that way (10)—ie. Regressed age of:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

***Movers:***

1. **Move on** to a time when you felt \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. **Move forward** to the next time you feel that way.
3. **Move forward**.
4. **Move back** to a previous time that you felt that way.
5. **Move back** further to the earliest time you can remember
6. **Move Back/Forward** onto the next significant event.
7. **Continue--- Keep going. ---Good-----Go on.**
8. **How old are you?**
9. **How are you feeling?**
10. **Is the feeling – new or familiar?**

## Continuous Regression Loop

OK- good now--- “As I count back from 5-1 – I’d like you to go to an even earlier time when you felt that way”---or some other time that your subconscious mind wants to remember – for some other - good reason -

And so ready now “5,4,3,2,1 –-- be there----- so—what is happening there for you?-- Give me your First impression”

*(Go - Event Resolution- then- Moving along in age regression- until finalised)*

## Event Resolution

OK – now --- -see –now there in that situation—using the immense power of your subconscious mind -- if you can find the answer to your current most pressing life symptoms or problems – those issues and obstacles that you are currently facing – and which you came here to resolve today—let whatever comes to you come to you – and allow yourself to understand-- from your greater prospective-- why they happened and what they really mean – while I will be quiet –

----and when you feel – deep down – that you have done that--there and then – I’d like you to give me a finger signal (long pause).

Good --- You can understand now (long pause).

Understand – that whatever lessons you had to learn --- will seem very clear to you now (long pause) and I’d like to ask your subconscious mind to transfer these new understandings to the here and now—and when it has done so—to give me a finger signal

# The Hall of Regression

***Present Life Pre-Talk***

Now I want you to find yourself in a pleasant -- light -- safe and very comfortable hallway in whatever picture, --image, --sensations or pleasant feeling is presenting itself to you,--.—Most importantly --You feel welcome here, --comfortable and free from any -- and all anxiety and fear.

As you look down --the hallway ahead of you, --you can see that on your left is a plain blank wall ……… all the way to the end of the hallway. On your right, there are doors ……. evenly spaced…….. all the way to the end. ---Each of these doors is numbered …. And each number represents a year of your life …… your age in each succeeding year. You can now look to your right and find that you are standing in front of a door marked with the number of your present age, right now. -- The next door is marked one year younger, --the next, one year younger, and it goes like that ….. a door with a number for every year of your life, --all the way down to the other end of the hallway.

At the count of one,-- I want you to imagine --that you are walking rather slowly down that hallway, --looking at every door as you go by, --aware that on each door is number that represents that year of your life-- and that behind the door --is a room representing that particular year of your life.----

It contains all of the stored memories ….. good and bad ….from that year,-- all filed away so that they will only be seen when we choose to see them. --When you come to a numbered door -- at which you feel some need,-- some desire, --or inclination to stop,-- then stop, --stop and give me a finger signal.

So-- at the count of three-- down to one-- begin walking slowly down that hallway in your imagination. – OK get Ready-- Three, Two, One, and give me a finger signal when you come to a door --that you feel some desire or inclination to stop

(If you find yourself waiting more than five minutes, ask):

Where are you now? - (Wait for client to respond, verbally).

All right -- continue on down the hallway.—And as you do --Check out the rest of the doors. --If you reach the end of the hall before finding the appropriate door,-- you will come to realise that there is a rather large door at the end of the end of the hallway -- with your name on it – and when you can find it there – I’d like you to give me a finger signal –(Wait)

Good---- that’s right, now --- In a moment -- “At the count of One, --open that door and step into that room, --closing the door behind you. ----You will find yourself in a fairly large, square room, --- bare white walls.

The only thing you will see -- is that right in the middle of the floor there --- is a pedestal, about waist high.-- It has two buttons on top of it,-- one green,-- and one red. ---Walk over to the pedestal and stop,--- then give me a finger signal just as you did when you were back in the hallway. -----OK-- Ready now Three, two, one--- Go in, ----shut the door behind you, and walk over to the pedestal.

Give me another finger signal-- when you are there. (Wait)

“Now in a moment I’m going to count back from three to one, ---but before I do I’m going to lift your (left or right) hand --then as I count back from three to one, ---when I get to one I’m going to drop your hand into your lap,-- and as I drop your hand into your lap at the count of “one”, ----at the same time I want you to reach out and push that green button.

When you do, ---some event-- or incident of importance from that year,-- that age numbered on the door of the room you are in,-- in your mind, will appear on the wall opposite the door where you came in, or perhaps it will appear as a memory in your mind. ----Either way is OK.

If at any time you feel ---that you need to stop this event, ---you can just push the red button, and that event will immediately stop -- and disappear very quickly.

So,-- now at the count of “one”,-- push the green button; ---then speak comfortably and tell me exactly what comes to you,-- either on the wall or in your memory.

Don’t think about it. -- Don’t question it. Whatever comes to you, just tell me.--- Ready now?

Three, two, one! Push the green button*.*

*(Again, be patient and wait for the clients’ response, up to a full minute if necessary)*

So- what is happening there for you?

## Moving along in Age Regression

***Location:***

1. daytime or night-time?
2. indoors or outdoors?
3. are you alone or with someone? (Who is there?)
4. Describe where you are.
5. Are you standing—sitting ---or laying down?
6. Where are you now?

***Definers:***

1. Tell me more about that.
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1. How do **you** **feel** about that?
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***Movers:***

1. **Move on** to a time when you felt \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. **Move forward** to the next time you feel that way.
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5. **Move back** further to the earliest time you can remember
6. **Move Back/Forward** onto the next significant event.
7. **Continue--- Keep going. ---Good-----Go on.**
8. **How old are you?**
9. **How are you feeling?**
10. **Is the feeling – new or familiar?**

## Continuous Regression Loop

OK- good now--- “As I count back from 3-1 – I’d like you to go to another time that your subconscious mind wants to remember – for some other - good reason -

And so ready now “3,2,1 –-- be there----- so—what is happening there for you?-- Give me your First impression”

*(Go - Event Resolution- then- Moving along in age regression- until finalised)*

## Event Resolution

OK – now --- -see –now there in that situation—using the immense power of your subconscious mind -- if you can find the answer to your current most pressing life symptoms or problems – those issues and obstacles that you are currently facing – and which you came here to resolve today—let whatever comes to you come to you – and allow yourself to understand-- from your greater prospective-- why they happened and what they really mean – while I will be quiet –

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