A Beginners Guide to Hypnotic Regression

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Hypnotic Regression
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Disclaimer and Warnings about using this material

Hypnotic regression is perhaps considered one of the more advanced areas of hypnosis. It is advised that you do not experiment with these techniques until you are completely comfortable with the hypnotic induction process. It is also recommended that you prepare yourself for the possibility of the client experiencing an abreaction.

Regardless of the depth of trance that the client appears to be in, always assume that they are reliving the experience and avoid causing them to go through anything that may be too traumatic or cause emotional stress. At the close of the session be sure to bring the client back to full waking consciousness at the present date as the person they are now at their correct age.

Finally, this information is provided to be used at your own risk. I have never experienced any problems following these techniques and I am sure you will have many safe fascinating sessions using them too, but I cannot accept responsibility for anything that occurs as a result of following these instructions.

Off all the many and varied experiences I have had as a hypnotist, my experiments in past life regression will forever be the most memorable and fascinating. Past life regression allows you to delve into a world that has long since been forgotten, it reveals some of the most incredible powers of the human mind and it poses many interesting and thought provoking questions about our existence.

Before we begin to discus the ways in which you are able to regress a client to a former life we first need to look at the validity of the entire experience. How do we know that what the client is reporting back to us is indeed a past life experience? And if it isn’t, what else could it be? The big questions that you will be asking yourself as you use these techniques are ‘Is this genuine?’ and ‘Where is this information coming from?’

There are many theories that explain the origin of the details that a regressed client may report back to you, some of these do indeed support a belief in life after death and reincarnation, others offer an alternative (and sometimes surprisingly esoteric) explanation. It’s important to remember that the validity of one explanation cannot discredit another. It is possible that all current theories are correct in different circumstances, as indeed it is possible that we are yet to discover the truth about past life regression and none of the suggestions explored in this text are an accurate representation of this fascinating phenomenon.
Many psychologists favour the first possible explanation that I want to discuss with you and this is the idea that a recalled past life experience is nothing more than a memory that has been released from the depths of our subconscious mind. This theory suggests that everything we experience is stored in our subconscious mind and under the right circumstances we are able to access that information. In such a situation the recalled past life may simply be a character from a long forgotten film or book we read as a child. Of course the life experience that is recalled may be that of a real historical figure so in many cases it is possible to have the information validated, but this certainly doesn’t mean that the person that recalled it once lived as that individual in a former life.

Although this theory isn’t very popular with those looking for evidence of reincarnation it definitely has its place and in many circumstances it will be the most logical and practical explanation available. What makes this theory interesting is the way that it implies that everything that we have ever experienced can be accessed and recalled in detail. Those that support this theory suggest that the source of the ‘past life’ may never have been consciously processed by the client at all and even glancing at a news story or report for a few seconds as a child would be enough for the contained information to be stored in the subconscious mind ready to create an entire false life experience on cue when regressed as an adult decades later.

This ties in with false memory syndrome, which is a well-documented phenomenon in which a hypnotised subject inadvertently creates a seemingly realistic memory due to being asked leading questions. False memories feel just as real as genuine ones and can be difficult to remove once they have been created. They are one of the reasons that hypnosis is not used in a court of law and also the reason that strict control is exercised when questioning children in cases that may involve child abuse.

There have been documented cases where false memories where inadvertently created during questioning which ultimately lead to unjust prosecution. This phenomenon, along with the belief that everything we have ever experienced can be recalled under the right circumstances, offers a fascinating glimpse at what it is possible to achieve with the human mind, however it doesn’t satisfactorily explain many of the cases of reincarnation that have been documented over the years.

There have been several cases where a child has reported the memory of a previous life with incredible detail and accuracy. Most of these are dismissed due to the possibility of the information having been gained in this lifetime. However, some cannot be ignored and the evidence they present is shockingly convincing, even to the most hardened sceptic.

In a study of 895 children that claimed to recall a previous life 309 had birthmarks or defects that directly corresponded to a wound (often fatal) on the body of the person whose life they were able to remember. The accuracy of these marks is incredible, in many cases birthmarks that accurately match bullet entry and exit wounds are clearly visible on the children.

This evidence definitely supports the idea that we are not confined to a single life experience and for me is particularly fascinating as my birthmark, which is in the centre of my back, looks very much like a small collection of stab wounds.
So, if we can accept that we live again, then it can be safe to assume that sometimes a person that is under the influence of hypnosis may be able to access a former life and bring back detailed information to the present day…. but from where?

There are a couple of theories that attempt to explain the origin of this information. Two of these are very similar and I want to explore these first before we look at what I believe to be a more probably answer.

As you are very probably aware the human mind can be divided into the conscious mind, which is the part that we use to do our everyday thinking and reasoning and the subconscious mind, which is the bit that takes care of all the complicated stuff, like making sure we continue to breathe while we sleep. This split is very often likened to an iceberg with the conscious mind being the tiny segment that is visible above the surface of the water and the subconscious representing everything that is hidden below.

Given this simple analogy we have a third component, which is represented by the sea in which these icebergs float. We’ll call this third segment universal consciousness. By using this model we can see how everyone is connected to the universal consciousness and under the correct conditions we all have access to the information that it stores.

When you regress a client it is possible that they are accessing this universal mind and bringing back information of a previous life experience. That life might not necessarily be one they actually lived but it could still be a genuine life.

This idea is supported by the concept of critical mass. Critical mass states that when a certain percentage of a species are able to do something the rest of the species spontaneously gain the same ability without having to go through the learning process. This was first reported in the famous ‘hundredth monkey’ experiment of 1952 where scientists witnessed macaque monkeys washing sweet potatoes on the Japanese island of Koshima. Gradually this behaviour began to spread amongst the monkeys as they copied each other in the usual way. When a point of critical mass was reached (the so called one hundredth monkey) it is said that the action spontaneously spread to monkeys on neighbouring islands.

Although this experiment is fascinating and congruent with many theories, such as morphic fields and of course universal consciousness, its validity is still in debate and attempts to replicate the results observed have failed.

Another possible source of the information gained during regression is known as the akashic records. The akashic records are a compendium of knowledge that is stored in a non-physical dimension. It is said that everything that has ever been is stored within this universal filing system and under the right circumstances it is possible for anyone to gain access to this information and bring it back to conscious awareness.

It is possible that a hypnotised subject is connecting to this storehouse of knowledge and collecting information on the life of a person that once lived here on Earth. Again that person may or may not have been a previous life of the hypnotised subject but the information retrieved could obviously be validated as a genuine existence.
One of the most common problems that question the validity of regressed memories is that many people report to having lived the same life. This problem arises because most people that accept reincarnation automatically adopt a linear model that suggests we only live one life at a time. The model is very simple and easy to understand. We are born, we live, and we die. After a period of time existing in some kind of non-physical dimension we repeat the process again. This cycle of birth, life, death and rebirth continues indefinitely. Some people believe that each life offers learning experiences that enable us to grow spiritually so that one day we might break the cycle and evolve into something that is beyond human.

This model clearly supports the concept of reincarnation and it is safe to assume that each person we regress should have access to every life they have previously lived on this linear path that stretches back to… who knows when!

Another phenomenon that is rarely discussed is that of future life progression. As its name suggests, this is the process of future pacing a person into a life they are yet to experience. On our linear model those future lives are all neatly lined up and stretch out into the future until a point where the human evolves into something more. Future life progression is often a little difficult for many people to accept as we live in a linear dimension that clearly has a past, present and future. From our perception of reality, here in the present, it appears as though the future has not yet happened so it should not be possible to travel forward in time while hypnotised to gather information from a life that we have not yet lived. That makes logical sense, but is our perception of time an accurate representation of the ultimate reality? Many people think that it is not.

One possible explanation is that experiences outside of the physical dimension are all happening at the same time in what is known as the eternal moment of now. However, such a concept is too much for our linear brains to understand, so we need a system that allows us to sort the information in a logical way. To do this we have what we call time. But, as many people know, time often misbehaves.

Back in 1998 my ex-partners alarm woke her from her slumber at the usually time of 7.30pm so that she could begin getting ready for a nightshift as the manager of a local nightclub. She went through her usual routine, just as she did every week and while applying her makeup she called down to her father and asked him to shout up the results of the national lottery as the numbers were being drawn live on TV. She wrote down the numbers on a piece of paper on her bedside table and continued getting ready.

A few minutes later her alarm sounded again. She assumed she had accidentally put the alarm on snooze so reached over to deactivate it properly. The alarm continued to ring. At this point she opened her eyes and realised it had all been a dream. Confused, she got up and went downstairs. Still blurry eyed she asked her dad how he’d done on the lottery but he told her that it hadn’t yet been drawn. Coming to her senses she realised what had happened. She could still remember the numbers from the dream and immediately wrote them down before continuing to get ready for work.
The lottery was drawn live on TV less than 30 minutes later. Of the six numbers she wrote down every single one was drawn. That’s a chance of around 14,000,000 to 1. Unfortunately for her, she didn’t act on her vision and decided not to walk the 200 yards to the shop at the end of her street to buy a ticket. If she had, she would have been considerably richer!

Many people have a similar story to tell and it seems that if we have not ourselves, then we usually know someone that has gained accurate information of a future event that suggests that time might not be as linear as we imagine.

I have another friend that keeps a dream diary. Her dreams often include names, dates and personal details of people she doesn’t know and weeks or months later those specific individuals will appear in the news with the content of her prophesised dream the main focus of the story.

By viewing time as a non-linear concept future life progression becomes a viable probability and is certainly an area that you may like to experiment with in the ‘future’.

All this sounds great, but we are still stuck with our linear model of one life at a time. So of all the people you regress that purport to have lived as Joan of Arc, if they are indeed accessing a previous life and not simply dipping into a store house of information, only one can possibly be telling the truth. This brings us to my favourite theory.

Imagine that the physical life that you are currently living is a droplet of water. Although it doesn’t realise it, that droplet is part of a fountain. The moment that it left the fountain at the top and began its journey downward was the moment of your physical birth. When the droplet finally reaches the pool of water at the base of the fountain will be the moment of your physical death. Your life, therefore, is represented by the time that the droplet spends falling through the air.

As you look around, you’ll see other droplets that are also falling with you. We’ll call these your soul mates or twin souls. There are obviously many droplets that have already completed their journey and have rejoined the main body of the fountain in the pool at the base; these are your past lives. The droplets that are yet to break away from the top of the fountain are your future lives.

The entire fountain is more than a collection of droplets. It is an entity in its own right. This we call your soul, although I much prefer the terms soul group, over soul or soul family. When most people talk about a soul they tend to gesture to their heart or their head and say that they ‘have’ a soul. I think a more accurate description would be to say that a soul has us or we are part of our soul. A soul is something greater and bigger than what we call ‘I’ and if we adopt our fountain model as an accurate representation of a souls existence (which I don’t suggest that it is, but it might be!) then our soul not only has us but it also have lots of other us’s too!
Now the fun part. Step back so that you can see your soul group fountain in its entirety. Now shrink it down so that it is no bigger than a single droplet of water. This new droplet of water is falling from a bigger fountain. Our new fountain might represent an ascended being or angel. If we shrink this down to a single droplet of a bigger fountain we can keep on going up through the hierarchy of spiritual evolution until we reach a point where nothing exists beyond the droplet. This we can call ‘All That Is’ or ‘God’ if you prefer.

Getting back to our part in this grand plan for a moment, as our droplet falls through time we evolve and gain experience. When we rejoin the fountain at the moment of our physical death our life experiences are assimilated into the collective that we call our soul family. Similarly, the droplet that contains our soul family fountain evolves and contributes to the evolution of the fountain to which it belongs. This continues all the way up to ‘All That Is’.

I consider the Earth plain an incredibly valuable place where, as spiritual beings having a human experience, we are able to learn and grow. Our evolution here as humble humans, on our little blue planet hurtling through space, ripples right back to the creator and everything that we experience becomes a part of the collective experience of ‘All That Is’. Of course if, by definition, ‘All That Is’ is all that is how could it not?

So, in essence we are God’s fingers experiencing the very edge of creation. In fact, if we delve a little deeper into this theory, which is beyond the scope of this book, we are actually God’s fingers ‘creating’ the edge of experience too. But for now, let’s get back to regression!

I present this theory to you here only as a possible explanation as to why so many people claim to have lived the same previous life experience. In our fountain analogy there are simply two droplets that are currently falling remembering a third that has already fallen.

In fact, as we are ultimately all connected, theoretically there is no reason why every living being should not be able to recall any other. It has been suggested that outside of linear time experience is sorted by emotional charge. So one possible explanation would be that the emotional charge of the memories of lives that belong to your personal fountain would be far greater than those to which you are only connected to via a ‘higher’ one.

All of this is really only theory and I’ve already strayed too far off topic. Regression as a means of exploring past lives is a fascinating experience (for both you and the client!) what I want you to take away from this theoretical discussion is the possibilities of your questioning. Don’t constrain yourself to past lives, experiment with future ones too! You might also like to probe around the land of the living and look for twin souls of your client to see what you can dig up in this area.

Before we press on to the actual process itself I want to quickly tell you about some of my own experiences with past life regression. I’ve met some fascinating characters over the years and I’ve included a few case studies for you below. Incidentally, for me hypnotic regression was never a tool for proving reincarnation so I never took the time to investigate or validate my findings. I have always believed in reincarnation and never felt the desire to try to prove
it to anyone, myself included. I only really experimented with regression to meet and converse with fascinating people from other times.

**Case 1: Polly Millan**

Polly lived and worked in London in the early 1900's. The building in which she worked was situated on Maynard road. Born in London in May 1901, Polly met her unfortunate demise just 23 years later in 1924. Her job required her to sign documentation, so, as an experiment, I had Polly sign her name on numerous sessions.

Polly's handwriting was extremely flamboyant and decorative, a stark contrast to the rather tiny and neat handwriting of her present incarnation. The signatures always matched and the handwriting was consistent throughout. Polly was very well spoken and polite, although she did reveal that she had often gotten drunk with friends by drinking cough medicine!

Polly was able to recall both parents’ names and gave details of her father’s profession. She was a complete delight to converse with and lead a positive energetic life.

As with most of the cases that left an impact on me Polly completely took over the body of my client. During each session it was very clear the moment that Polly arrived, many sessions were conducted with regularly spectators and everyone quickly learned and recognised Polly’s energy before she spoke.

What made this case different to many others is that over time the sessions became a dual experience, not only were we peering into Polly’s life, but she was also looking into ours. I was able to keep Polly in conscious control of my client’s body and bring her into what you might call conscious awareness so that she could interact with material in our time. Polly was fascinated by our technology; she was thoroughly confused by the TV and very impressed by modern fabrics. Obviously there is no way that I could ever check this, but I would love to have known if the real Polly Millan was ever aware of the experience. A part of me would like to think that our sessions did stretch across the boundaries of time and perhaps became a recurring feature of the original Polly’s dreams.

**Case 2: Elizabeth**

I have spoken with Elizabeth on a numerous occasions, yet have been unable to determine a specific time period for her life. It appears that she lived at some time around the year 1250. There has never been an indication as to where she lived, but she describes her home as a single story wooden building comprising of either a single room or perhaps two rooms, one being a living area and the other sleeping quarters. It is possible that both of these are the same room but furnished differently depending on the time of day.

Elizabeth was rather unusual in a number of ways, when questioned as to her father’s profession she replied that he made places to sit. I asked if he made chairs and she did not understand the word. After some time she settled on calling them 'sitters'. She also could not understand modern music, she confessed to enjoying dance and agreed to give a demonstration of the way she dances for her father. She would not dance to conventional
music as it was unfamiliar. I played a classical piece on the guitar, which was rejected in the same manner. She insisted that the music was not the same as her ‘Bo’ (the name she gave for her father) played it. Eventually we settled on a rhythmic drumbeat. Elizabeth performed a series of exquisite movements to the slow beats that were rather similar to modern ballet, although much more animated and tribal in presentation. She paused a great deal between movements and the whole thing seemed as though I was witnessing a stop animation sequence played back in slow motion.

Elizabeth was unable to write, although she said that she did leave messages for her friend (I believe this to be her sister) in the sand. I handed her a pen and drawing pad asking for a demonstration of these messages. She held the pen as you would a stick if you were writing in sand, with all four fingers and her thumb straight out and her arm stretched at full length. She rested the pad on the floor as she drew several symbols. She explained the symbols to mean 'meet me at home', with a further symbol that represented her name.

During another session, several months later, I asked if she were able to write the message 'meet me at home' and each symbol was identical. On yet another occasion she was asked to interpret the symbols as I wrote them. She immediately recognized the symbols that she had originally included in her message and I was unable to confuse or trick her with similar symbols.

Elizabeth was a pleasant worry free young woman. I sensed that she was around the age of 14 during our meetings yet she was mature far beyond her years. Playful, yet level headed and responsible, she loved her family (especially her father, Bo) dearly and was happy to converse. She appeared a little bemused at my apparent ignorance of her lifestyle and my obvious misunderstanding of music the way Bo played it!

Case 3: Lucy

Lucy was in her early teens when she died and led a troubled and abused life. She lived with her employer, a businessman called Mr. Schlo in what appears to be London, perhaps around the 1800s. Her job was to deliver messages for Mr. Schlo and in return she was given a place to sleep and a daily meal, which consisted of scraps of stale bread. She was terrified of her employer and was forbidden to look at the messages she was required to deliver. Mr. Schlo regularly sexually abused Lucy and her timid subservient personality echoed a life of fear.

Due to the nature of this life, I only spoke with Lucy on one occasion to prevent her current incarnation suffering the emotional torment of an unpleasant experience. During this single session my client’s posture shifted dramatically, her shoulders and back contorted, chest sunk inward and her facial expression filled with sorrow and pain. Her voice became soft and broken, stuttering her speech and frequently apologizing for her verbal errors.

Lucy was a dear little girl that led an unfortunate life. I would like to have found a happier moment to converse yet this was never possible. My client is far more outspoken than Lucy,
yet character traits can be seen that exist in them both. It seems that Lucy's scars have lived on and this is no more evident than in my client’s hatred of authority figures and distrust of older males.

**Case 4: Plus signs!**

Case four is a little different in that it is not a past life regression experience but a regression to early childhood. A client that had been regressed to her toddler years for her own curiosity was very proud that she had just learned to write her own name. She clutched the pen in her fist and scrawled her name on the pad. Under her name she drew three plus signs. At the time I was unsure as to what these may be, but her mother later confirmed that she always insisted on signing her own name on birthday cards and putting in some kisses!

We assumed the plus signs must be kisses, although her mother and the client both remembered that she had used crosses as kisses when signing her name. A few months later my client found a birthday card that she had signed as a child in an old memorabilia box. The handwriting matched perfectly and all of the 'kisses' were little plus symbols. She had only drawn them this way for a few weeks when she first learnt to sign her name!

I hope these case studies have whetted your appetite for regression and you’re eager to give it a go yourself! I’ve prepared a script for you that you can use to regress your client. To use the script simply read it out slowly following your favourite trance induction and deepening script. I’d recommend using a progressive relaxation induction prior to this script, followed by a basic trance deepener such as a staircase method. This will lead onto the script nicely as you can have a door at the bottom of the stairs that leads through into the regression room.

The script begins as your client reaches the bottom step of the deepening script. Make sure you read through the entire script several times before you use it and adapt it to suit your specific needs. You will also need to know how to deal with an abreaction if necessary; I have covered this after the script at the end of this book. It’s very important to bring the client back to the present day when you close the session and to make sure they are fully awake and back with you before you end the session. If your client wakes up prior to the completion of the session you should still go through the wake up script and allow them time after the session to ask questions and discuss the experience. As with all hypnotic work, it’s a good idea to stay with the client for 20 minutes after the session as people are often still very suggestible when first waking from trance. This will allow you to control your clients experience more easily and prevent any unwanted suggestions gaining access to their subconscious mind.

Remember to take the necessary precautions before beginning the session, such as silencing phones, loosening tight clothing or shoes and visiting the toilet if necessary. It’s a really good idea to record the session. If you have the facilities, video the session as a regressed client often adopts the posture and facial muscle distribution of the past life and many clients will be eager to witness this phenomenon themselves.
Finally, as fascinating as regression might be, you should restrict yourself to one regression per hypnotic session, respect your client and remember that the experience can be incredibly emotional for them so never over do it. Often, following regression to a former life the client will have many things to report about the experience and how the past life relates to their current life. In many cases spontaneous healing can take place and the cause of mysterious illnesses revealed!

**The hypnotic regression script**

As you take a step down now, from the last step, you can allow yourself to relax even deeper now, deeper and deeper into trance.

For a few moments you can enjoy this wonderful feeling washing through your entire body. In front of you there is a door. This is a very special door and it leads to the secrets of the past.

Reach out your hand and imagine slowly opening the door and stepping through into a small room. Making your way into the room now causes you to feel even more relaxed and comfortable. You are in a safe place, you feel safe and warm because the room feels so welcoming as you step inside and close the door behind you.

My voice is here with you now in your special room and my voice will stay with you as you go deeper and deeper into trance.

In the centre of the room is a wonderfully relaxing chair. In a few moments you are going to imagine sinking deep into the comfort of the chair and letting go completely, causing you to go deeper and deeper into trance, allowing your mind to open to new possibilities as you drift so effortlessly and naturally into a delicious state of peace and rest.

Now, before you allow yourself to relax completely you are going to explore this peaceful experience a little deeper. All around the room there are many books on shelves. Each book is dated and as you look around the room you can see that the dates stretch back for many years.

The books are neatly arranged in a logical order and you quickly locate the book that represents the present. The date on the front of this book is your birth date and as you open the book to the first page you see a recent photograph of yourself just as you appear today.

As you turn the page, you reveal a photograph on yourself where you appear to be approximately one year younger than you are now.

Each successive page that you turn takes you back another year. You can take a few moments now to go through this photo album and review the photographs. As you look at each photograph in turn pleasant memories of your past come flooding back.
**Option One**

When you have finished you place the album back on the shelf and pick up the one next to it. The photographs that appear in this album document a previous life, prior to the one that you are currently experiencing.

You take the book to the chair and slowly sit yourself down.

**Option Two**

When you have finished you place the album back on the shelf and take a few moments to cast your eye over the other books in the room. After a few moments one book seems to catch your eye. It’s almost as though this book is calling out to you and it appears to glow as you take it from the shelf.

This album documents a past life that you have lived before. It is a life that contains valuable information and insights that will fascinate you and be of great assistance in your current life.

You take the book to the chair and slowly sit yourself down.

As you relax into the comfort of the chair you open the book and look through the pages until you find a photograph that you would like to explore further.

When you have chosen your photograph simply nod your head. If you cannot find a photograph in this album that you would like to explore in more detail, simply return it to the shelf and chose another album.

(Wait for confirmation that a photograph has been chosen)

Now that you have selected a photograph to explore you can allow yourself to relax even deeper as you gaze deep into the picture. All the time my voice will go with you as the picture slowly begins to grow on the page.

The borders of the image are beginning to open up now, getting bigger and bigger as you notice that the image is slowly beginning to come to life. Gazing deeper into the image you can see that it is beginning to move on the page, as though you are watching a video, but somehow even more realistic.

The image appears three dimensional as it grow larger and larger now. My voice is here with you and you feel comfortable and in control as the image begins to grow all around you filling the room completely.
You now find yourself within that past experience looking out to a time that had long been forgotten. You are able to see the other you that lived this life in front of you and you can sense the emotion of the experience.

If you are comfortable to explore further nod your head, if you would prefer to step back at this stage and perhaps explore a different photograph then simply raise the index finger on your left hand.
That’s fine.

(If they nod their head continue with the following. If they raise their finger then reverse the process and shrink the image back down to a photograph in the book and find another image to explore or end the session.)

Allow yourself to explore this experience now; I am with you every step of the way as you connect with your previous life and introduce yourself. You can imagine stepping right inside that life now, as though you are stepping into a boiler suit.

If it helps, you might like to imagine a zipper running down this persons back which you are able to open up to step inside. As you do so, feel yourself merge with them completely.

Imagine your arms sliding down inside theirs and your hands into their hands, as though you are putting on a pair of gloves.

Now feel your face aligning with theirs, so that you senses align and you can see through their eyes, talk through their mouth and hear through their ears. All the time I am here with you, you can hear my voice clearly and easily.

As I speak with you now you will answer my questions knowing what you knew as you lived as this person in this previous life. You will speak freely and easily about your experiences and know everything that you knew then. If at anytime I ask to speak directly with (name), your current life here in (year) you will immediately allow (name) to communicate with me with all of the knowledge and wisdom that (name) has gained back here in (year).

(From this point you can begin to question the client as though you are talking directly to their previous life. You line of questioning will obviously depend upon the answers you receive. If you wish to later validate the information be sure to ask for names and dates and if possible have your client spell out any names they give. It is often very beneficial to ask about hobbies and pastimes as these vary greatly over the years and may reveal some interesting results that back up the validity of the experience. You might also like to ask questions about the news stories of the time that you can later confirm in your research.)

When you are ready to end the session always thank the past life for sharing the information with you and then ask to speak directly to your client. Tell you client to step back out of the previous life and thank them personally. Now talk them back out of the photograph and into the chair. Have them replace the album on the shelf and exit the room through the same door they entered. As you talk them back up the stairs confirm that they are back as themselves
(say name) and confirm the date tell them that they are back in (year) here with you and they can bring back any information that they feel will be valuable to them in this life or leave whatever is best left behind for another time.

Now wake your client gradually while reaffirming that they are back to their normal self at their current age and the present day.

**Abreaction**

An abreaction is an emotional response to an experience. It happens when a client suddenly releases trapped emotion and can be very frightening when you experience it for the first time. You will easily recognise this experience, as the client will appear very visibly distressed. They will probably cry and will often call out as though going through a painful experience.

There are two ways you can deal with this. The first is to back away from the experience and quickly talk the client back to their current life and the present date. Reassure them that you are here and get them to gain conscious awareness and come back to the room. You might like to think of this approach as what most people would naturally do if their child were having a nightmare.

The second option is to talk them through the experience and tell them they are safe to ‘let it all out’. This approach can be incredibly therapeutic and it allows the client to release negative emotion that is trapped at a deep subconscious level. When you go through this process the client will often report feeling as though a weight has been lifted from their shoulders that they hadn’t realised was there until now.

A pocket of stagnant negative energy can lead to all sorts of problems so often this experience is incredibly beneficial to the client’s mental, physical and spiritual health and well-being.

If you opt to allow a client to experience the emotions and let them go, be sure to offer constant support and guidance. Tell them that everything is okay and explain that they are simply releasing some trapped energy and it feels really good to let it go. Reassure them that you are there.

You may also give them the option of ending the session if they choose to. To do this, just tell the client that if they would prefer to end the session and return to their normal waking state here in the year **** to raise their left arm. (or whatever signal you feel appropriate)

It is important to remember that a past life regression can be a very emotional experience for a client so always prepare the session so that you will have plenty of time after the actual session to discuss it with them. Abreaction is very rare so it certainly isn’t something you should worry about, just be aware of it and you’ll be fine if it ever happens. You could easily spend an entire lifetime hypnotising thousands of clients and never have a single one abreact.
I have only mentioned it here as it is more likely that if it does happen it will be during regression therapy as opposed to other uses of hypnosis.

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