

PAST LIFE REGRESSION

2009

Certification Training



By: Rene A. Bastarache, CI

American International Association

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Introduction



"I'm having the best time of my past life"

Welcome to your Past Life Regression Certification Home Study Course. You will find this course to be a journey of growth, learning and understanding. In addition to teaching you about this concept of past life regression you'll also learn many other aspects of Spiritualism and life in general that will truly make you look at everything in a different light.

This journey will teach you more about yourself and how you came to be the way you are. With the knowledge you will gain with this course you will find that the possibilities of what you can do within the realm of spiritual travel to be virtually limitless. You will learn the key ingredients often regarded as secrets to unlocking your psychic ability and how to use that ability to help yourself and countless others.

I would like to congratulate you on making the decision to learning more about your spiritual side and hope that you will find everything you are seeking for in this life and in the past.

It is my wish that while taking this course you have the best time of your life, present and past.

Sincerely,

Rene A. Bastarache, CI
Founder, the American School of Hypnosis

PAST LIFE REGRESSION, Certification Training Manual

How to Use this Manual

This manual has been designed to be given to you in an incomplete format. It is an outline or a beginning with the purpose of challenging your thought process. It is your responsibility to complete it.

The right half of each non-script page is designed for you to take notes of the points that you feel are important. As you are listening to your instructor in the videos as well as during class discussion if you are in a live training course, take the time to write, draw or even doodle key points. When you decide to refer to this manual in the future, you will find it to be much more beneficial to you than a complete curriculum of text.

Should you decide to network with other certified Past Life Regression Certification graduates, your manual will be a key ingredient for discussion as each one will be different. You will find that what others had written down and found to be key principles may be very helpful to you as well.

Enjoy your journey.

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What is Past Life Regression?

THE CONFUSION

Just as with the topic of religion ... there are more religions in the world than there are pages in the Bible. Each one claiming that their way is the right one. Past life regression unfortunately has much of the same problem. So many Spiritualists, Hypnotherapist, and various so called Regressionist all claim they have all the answers. You see this by the numerous books written on past lives, the spirit world and it's many levels or degrees, and various concepts in reincarnation. Which is the right one? Who knows? Just as with anything of a spiritual nature ... we probably won't know for sure until we cross over and become permanent residents ourselves.

Definition:

Past life regression is a technique that uses hypnosis to recover what most practitioners believe are memories of past lives or incarnations. Past life regression is typically undertaken either in pursuit of a spiritual experience, or in a psychotherapeutic setting. Most advocates loosely adhere to beliefs about reincarnation, though religious traditions that incorporate reincarnation generally do not include the idea of repressed memories of past lives.

The technique used during past life regression involves the subject answering a series of questions while hypnotized to reveal identity and events of alleged past lives, a method similar to that used in recovered memory therapy and one that similarly misrepresents memory as a faithful

recording of previous events rather than a constructed set of recollections. The use of hypnosis and suggestive questions makes the subject particularly likely to hold distorted or false memories. The source of the memories is more likely confabulations that combine past experiences, knowledge, imagination and suggestion or guidance from the hypnotist than recall of a previous existence. Once created, the memories are indistinguishable from memories based on events that occurred during the subject's life.

Techniques: Past-life regression practitioners use hypnosis and suggestion to promote recall in their patients, using a series of questions designed to elicit statements and memories about the past life's history and identity. Some practitioners also use bridging techniques from a client's current-life problem to bring "past-life stories" to conscious awareness. Practitioners believe that unresolved issues from alleged past lives may be the cause of their patients'. (*Wikipedia*)

Theories of Reincarnation

Reincarnation, literally "to be made flesh again", is a doctrine or metaphysical belief that some essential part of a living being (in some variations only human beings) survives death to be reborn in a new body. This essential part is often referred to as the spirit or soul, the "higher" or "true" self, "divine spark", or "I". According to such beliefs, a new personality is developed during each life in the physical world, but some part of the self remains constant throughout the successive lives.

Belief in reincarnation has ancient roots. This doctrine is a central tenet within the majority of Indian religious traditions, such as Hinduism (including Yoga, Vaishnavism, and Shaivism) and Jainism. The idea was also entertained by some ancient Greek philosophers. Many modern Neopagans also believe in reincarnation as do some New Age movements, along with followers of Spiritism, practitioners of certain African traditions, and students of esoteric philosophies such as Kabbalah, and Gnostic and Esoteric Christianity. The Buddhist concept of Rebirth although often referred to as *reincarnation* differs significantly from the Hindu-based traditions and New Age movements in that there is no unchanging "soul" (or eternal self) to reincarnate.

Some researchers, such as Professor Ian Stevenson, have explored the issue of reincarnation and published evidence of children's memories of earlier lives in peer-reviewed journals and elsewhere. Skeptics are critical of this work and say that more reincarnation research is needed. *(Wikipedia)*

Several Classic Cases:

Case#1 Indian and the Bear:
(Group Session)

I conducted a group of past life regression session and one of my offices that included approximately 35 clients. After the session we were going around the room interviewing everyone individually as to what they had experienced.

One client stated that he was an Indian that during his death scene portion of the session he had gone into a cave to kill a bear with his bow and arrow and was killed.

After the session had ended an interesting thing happened. I was walking the clients to the door while saying my goodbyes as one of the clients who had been quiet following the session asked if he could speak to me privately for a moment. He told me that the reason he had not spoken up about the results of his session during the class was that he was a little embarrassed. He asked if he could take a moment to tell me what had happened to him in his best life. He then reluctantly stated that he was a bear sleeping in a cave as an Indian came in and killed him with a bow. He didn't accuse the other client of being the Indian that actually killed him but due to the similarities did not want to be laughed at and once he mentioned his results.

Case#2 A 17 Year Old in Moscow:

During her session this young lady reported that she was in Moscow in the early 1900s. She described being on Red Square to perfection. I had spent 10 days there a week earlier so I decided that

I was going to close her as much as possible as to what was surrounding her in every direction. This would help me to understand whether she was really there or simply confabulating it. The only things different in her description from what I had remembered from being there one week before were the modern conveniences such as the malls and storefronts.

An interesting point is that after the session she had reported to me that she had never been to Moscow in her life and didn't really know anything about it.

Case#3 Bridge to War

Here is an example of how the British technique was used to experience a past life in a rather accidental manner.

This one-man was it made him walking on a treadmill. As she was walking on the treadmill he began to experience a slight pain in his side fairly early but did not want to quit. Instead he began to walk faster as in a speed march, concentrating on his breathing and silently counting cadence to himself while marching. After continuing this routine for some time he reports that he was somehow mentally transported to the past where he found himself marching on a dusty road wearing what appeared to him to be a British military uniform, combat boots and a British type helmet. He was with a large group of other soldiers through a desert and it seemed like they were leaving one battle and marching quickly to another. He reported that the feelings he was experiencing was very similar to the ones he had while walking on the treadmill.

It's interesting to know that all of this happened while he was continually walking on the treadmill, and the gym.

Case#4 **Stuck in Cycles:**

Life 1 In the first past life regression for this young man, he appeared to be an Indian of dark skin who was a guard within a large army. He remembers himself standing on the ridge of a large valley where he could see countless slaves working in the hot sun moving large stones as it was building a monument in the shape of a pyramid. He stated that it did not feel as if he was in Egypt but felt he was somewhere in the southern American continents.

Going ahead in this life to his death scene he found himself lying down on the ground holding onto a spear that someone from an opposing army had thrust into his chest. It seems that they had been attacked by a larger group and defeated.

On his deathbed he had mentioned that he felt like he was a "loser" and could just never get ahead. When I asked him why he stated because he on the losing side of the battle and because of his skin color he had to be a guard in life and was therefore killed

Life 2 In his second life upon taking him to his death scene it was found to be quite similar to the last one and that he was a native, with dark skin of a tribe of Indians in what appeared to be a very warm content. Possibly Africa from his description. In this life also, he was in a security position and was ultimately being overtaken by a larger army of light skinned people. He was also killed in this life. When asked how he felt about it,

once again he stated that he felt like a loser. He again felt like he just could not win because of his stature in life.

You can see the similarities between these two lives being that he was of dark skin both times, and the military or security type of field, felt like a loser, could not get ahead in life and was very frustrated.

Present Life The interesting thing that I found upon interviewing this client is that in this life he is a Caucasian, and had spent the last few years of his life in the military, in a security position. Due to unexpected medical problems that occurred he was given a medical discharge from the military and was now having a very confusing, frustrating life. He seemed to have no direction and was spiraling downward very quickly.

Now here is where it gets interesting. In this life he happened to be extremely prejudiced towards any one of dark skin. This prejudice was so strong that it was to the point where he had even joined two hate groups through all his life which will remain nameless. He felt that every one of dark skin were "losers". He felt that there were just there to get in his way at getting ahead in life.

Assessment Can you see the similarities between the two lives in his present one? It seems as if there is a cycle that keeps recurring that has not been broken. It's a two past lives which was similar he was a man of dark skin who felt like a loser that just could not get ahead. In his present life it's as if he was given a chance to break the cycle from a different angle as a person of light skin however he still continued to be a victim by

blaming all his problems on the dark skinned people.

Upon further conversation I was able to explain to him the cycle and actually get through to him. Not realizing what that that made an immediate change or not, I am pleased to announce that this young man has changed his feelings drastically and is on a productive path leading a positive life.

Purposes for Travelling to the Past

Who were you and how does it impact you now?

Karma

Healing your karma – Correction
Changing your destiny by
investigating and clearing
your past Karma.

Unfinished business
Forgiveness and re-paying of past
Debts

Find abilities and talents you possessed

Past-Life for deep healing

Finding soul-mates

Soul-Mate connections
Uncovering Déjà vu

Releasing subconscious blocks, negative habits,
Phobias, recurring cycles, fear and pain

Exploring Past-Life roots of present day
relationships

Entertainment & curiosity

What other purposes can you think of?

How the Subconscious Works

The purpose of the subconscious mind is simply to take in information. It is like a sponge where it comes to input. It acts in a manner similar to the hard drive of a computer. Everything that you have experienced since the day you were born is logged right now in your subconscious mind. It receives everything that it can through all of your senses that is within its range. Whether the suggestion is positive or negative, good or bad it accepts it all. The subconscious mind does not make any judgment on the input it receives. That is the purpose of the conscious mind.

Another feature of the subconscious mind is that it is extremely innocent and naïve. It acts very similar to a five year old child. Your subconscious mind wants to help you and certainly has the power to help you in any way that you wish. In most cases however it does not know the proper way to help you unless it is given detailed instructions. Being similar to a five year old child, in addition to giving the detailed instruction it is also very helpful to give it a reward for accomplishing the task. Giving a reward is not something to be taken lightly. Just think of yourself for a moment as an example. If someone in your family were to ask you to wash a sink full of dirty dishes your response may not be too enthusiastic. However if they offered you \$25.00 to do the dishes you may look at the entire project a little differently.

Four Rules of the Subconscious

1. Obedience to the Conscious Mind at all Times

The subconscious mind does exactly as the conscious mind desires: It does not always do exactly what the conscious mind “says” however; many times what you say and what you desire are two different things. Wherever you place your thoughts, focus and attention, that is what you are drawing to you. This is called your point of attraction.

“Wherever you place your thoughts, focus and attention, that is what you are drawing to you. This is called your point of attraction.”

Unfortunately the conscious mind does not always make the best decisions. A good example of this is the story of one of my past clients who came to see me because he had a strong desire to pass the *bar-exam* to be a lawyer. Before coming to see me he had attempted to pass the exam on his own but had failed miserably on four separate occasions. In our session I gave him all of the suggestions and assistance he would need to improve study habits, increase memory and to have greatly enhanced recall of all the information he had studied. Finally the day of the test came and of course he did his best. As a result of the test he failed once again but by only *one point*.

He was actually excited that he came so close to passing the test that he decided to come back to my office so we could do another session. I mentioned to him that I felt that there was a little more at work here than simply study habits and test taking. There seemed to be something deeper that was holding him back from passing the test. During our discussion I asked him what he does right now for work to which he responded that he worked for a law firm doing research and paperwork. It was a good job and he got paid well. Then I asked him what he would be doing if he actually passed the bar exam. To that he responded that he would be still working for the same law firm but now instead of doing research and paperwork he would actually be an independent attorney and responsible for bringing in his own clients. He was a bit worried about this because he doubted his ability as a salesperson and felt that if he didn't produce enough clients that he would be terminated.

From listening to his responses you may have already figured out what was going on within his mind. Remember that the subconscious mind acts similar to a five year old child. How would a five year old respond to the two options just given in the previous paragraph. He may respond by saying, "Even though I didn't pass the test yet, I do have a great job. If I do pass the test I might get fired. I think I'll fail the tests on purpose so I can be safe."

Even though my client said that he wanted to pass the bar-exam, subconsciously that really wasn't his desire. His desire was to have a good job. His desire was to remain the same and therefore that is exactly what happened. This goes to show you that sometimes what you say and what you feel are two different things. You need to take the time to examine your true thoughts and feelings to make sure that what it is you want to do is truly what you really want. Your subconscious mind will get confused with crossed signals.

2. Does not Understand Negative

The Subconscious does not understand negative. When you say that you don't want something, that is exactly where you are placing your attention; on what you "don't" want. The subconscious mind will always give the conscious what it asks for but sometimes there is confusion in the asking. So when you say, "I don't want to be sick." You are placing your attention on being sick and that is what you will get more of. Instead you should say. I want to be healthy.

Here's a little test for you...

Right now, do not think of an apple.

Did you think of it? Of course you did. In order to "not" think of something, you need to focus on what "not" to think of. By telling you not to think of an apple, the first thing that popped into mind was an apple.

This is one of the biggest reasons why people fail. *(Even Adam and Eve had problems with an apple.)* ☺

People have a tendency of saying what they *don't* want. Many times in coaching, when asking people what they want they will usually answer with what they “don't” want instead.

“I don't want to be broke.”

“I don't want to keep fighting with my spouse.”

“I don't want to be sick.”

With these three previous statements, what are they placing their focus on? Being broke, fighting and being sick, so the subconscious mind will say, “Make it so!”

3. Does not Understand Humor

The subconscious mind does not understand humor like we do. It is very similar to a five year old child as mentioned earlier. It will take whatever you say literally even though you may be joking. If you were watching a comedian perform who was extremely funny, and you turned to your five year old child and said “This guy really kills me!” how do you think your child would take that comment? He would probably wonder why this comedian wants to kill you and then begin crying due to the worry of losing you.

4. Does not Understand Sarcasm

Remembering that you are dealing with a five year old mentality again, you must be careful how you word things. There is actually no productive or positive use for sarcasm. It is simply a humorous way to hurt or insult someone. How would a five year old child understand and react to comments such as;

“That guy is a real pain in the neck.”

“I’d give my right arm for a glass of water right now.”

“Break a leg!”

“Stop worrying or your heads going to blow up.”

These statements when heard by a five year old are taken literally and obviously not the way they were intended to be taken. How do you guard against this in the future? Don’t use them.

“Thought is the vehicle of creation.”

“Imagination is the gas that gets the vehicle moving.”

“Emotion supercharges the gas.”

Take a moment to look around yourself right now. Everything you see around you, before it was created in this physical world began as a thought by someone. This book that you're reading right now in fact, before it became this

book was a thought. It came about as a result of years of research, study and practice as a success coach, hypnotherapy instructor, U.S. Army drill sergeant, national sales trainer and author. As a result of all these experiences I develop the thoughts of wanting to create something that would help everyone who used it. You're looking at the results of my thoughts.

If you are sitting down right now, the chair that you are sitting in began as a thought. Its creator decided he would like to make a chair. In his mind he had the thought of creating a chair and allowing his imagination to take root. From these thoughts he designed the completed product in his mind. Even the color of the chair or whether it is painted, stained or upholstered was part of his thought process. Then utilizing this mental blueprint he had created he may have drawn physical blueprints to work from or simply created the chair from his imagination. The finished product is the chair that you are sitting in.

A Residual World

We live in a residual world of secondhand creations because the originals were created as thought. Due to the limited tools and resources that we have available to us, we are not always able to create things exactly as we had imagined them. Therefore the original chair that was in the creators mind as a thought may have been much more spectacular than the actual finished product. Through the use of his imagination it may have

had rainbows emanating from it with colors that were indescribable. However due to these limitations, it was made as close to his thought process as it could be.

Without the thought, the chair would not have been created. As you know chairs do not create themselves. Therefore the thought does precede the action. This same concept works with everything. Every single thing that you can see which was created was initially a thought.

All communication begins with thought as well. Before you speak, you must take a moment to think about what you want to say. Even though many times it would seem that some people don't think before they speak, in actuality they really did. The challenge is in verbalizing exactly the same thing that you are thinking of. Thoughts can be very difficult to transform into words. A good example of this would be a young man desiring to tell his girlfriend how he feels about her. In his mind he is thinking of many wonderful things. His thoughts may create images filled with romantic music, fireworks and little cupids shooting their arrows through hearts. Then finally he looks at her to verbalize his feelings and the only words that come out are, "You're cool". How would his girlfriend take those two simple words? Would they be received by her in the same manner that he intended to deliver them?

In this residual world of reality your words may not quite describe your true intent. They sometimes can seem to be second best, or an

inferior copy of the original. Have you ever found yourself saying something to someone that did not come out quite the same as you wanted it to? I think everyone had experienced that at least one time in their life.

Even the way your body looks began with a thought. An example of this would be to look at a professional bodybuilder. The reason that they have so much muscle and are so well developed is at some point in their life they decided that this is what they wanted to be. They had the thought of being bodybuilders. And they realize through this thought process that in order to be bodybuilders that they would have to eat properly, exercise and be consistent in their efforts of working long hours to attain the goal that they had desired. They did not just go to bed one night as weaklings and wake up in the morning looking like Mr. Olympia.

The same goes for people who are energetic, overweight, healthy or sickly. Somewhere along the line a thought had preceded the actions that were taken to achieve where they presently are. Often times that statement raises a lot of eyebrows when people hear me say that even sickness was created as a thought but it was. Many have a hard time accepting that they created their own sickness so I will explain that further.

Thoughts are created or inspired or by suggestion. Suggestions are coming to you virtually all the time of day and night. These suggestions come to you through input received from yourself, friends, relatives and associates and

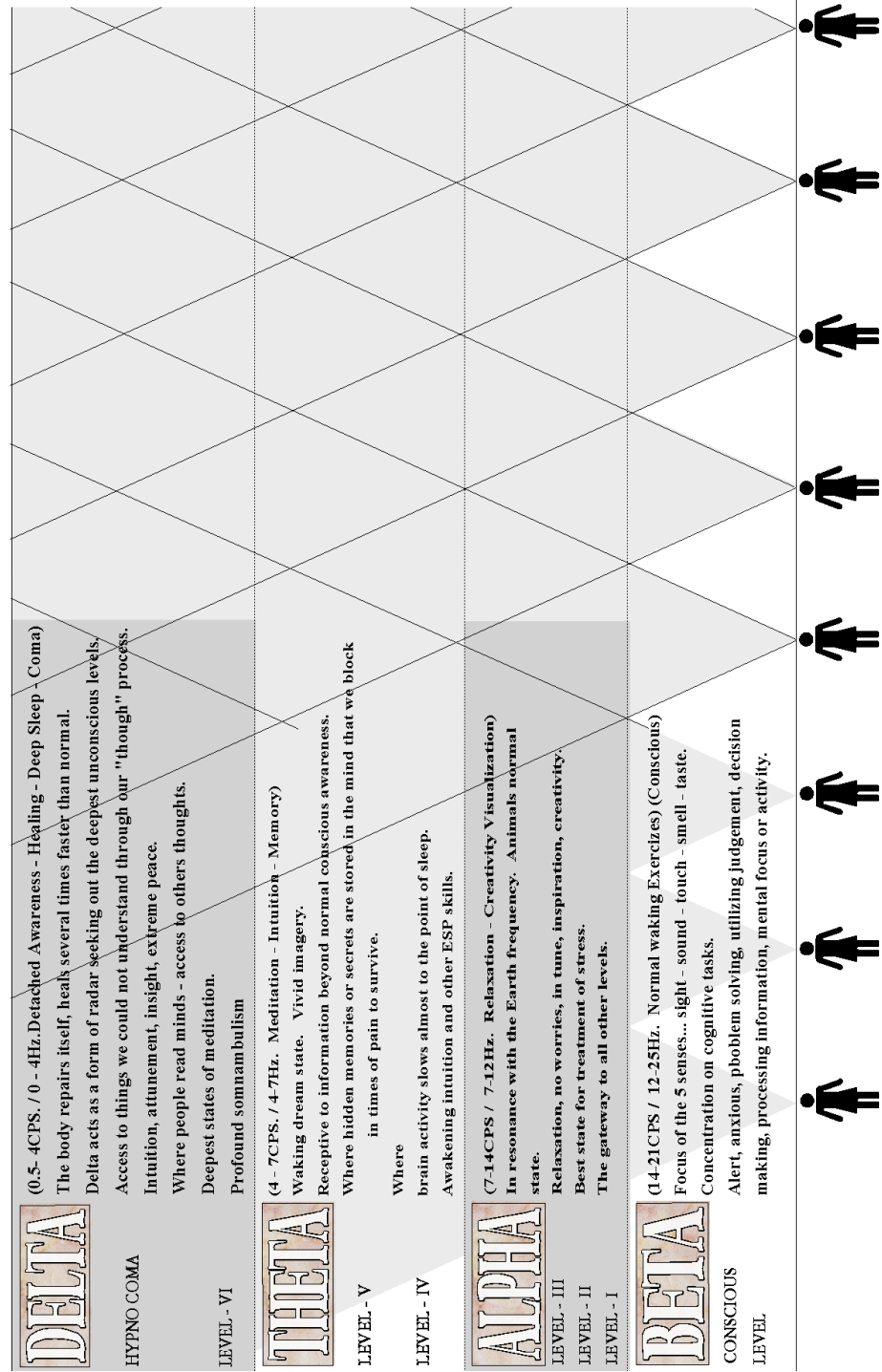
virtually everyone you come in contact with on a daily basis. They come from the media, advertisements in every form, the supermarket, at school, at church, at the gym, at the coffee shop, at the restaurant, in the airport, on television, radio, the internet, in the mail and many other areas as well. How many thoughts might go through your mind on a daily basis as a result of coming in contact with or within earshot of any of the places I just mentioned?

The average human being has approximately 64,000 thoughts each day. These thoughts are positive as well as negative. What are you doing with your thoughts? Are you dwelling on negativity or only the positive things you come in contact with? While you are out at the local coffee shop having morning coffee with your friends your subconscious mind is accepting suggestions coming from the TV set just a few feet from you giving the details of many tragedies that happened earlier that day? Even if you are not listening to them consciously and having conversations with your friends, your subconscious mind is always working, recording input. Remember the purpose of the subconscious mind is to constantly take in information. It is like a sponge, accepting every bit of input within its access of senses. Therefore everything that is going on around you that can be heard, seen (even within your peripheral vision), felt, tasted and even within your sense of smell is being logged in your subconscious mind. Much of this information begins the thought process whether you want it to or not.

Brainwave States

Correlation of Brainwave & Hypnotic States

We are in all brainwave states and hypnotic levels at all times with one being dominant depending on your activity at the moment. This is why you can be in *Beta*, in a conscious, non hypnotic state and withstand pain *LEVEL 4-5* at a moments notice. or you are in a hurry trying to leave the house for an appointment you are late for, *LEVEL 1*, and you cannot find your keys which are in plain sight on the table in front of you which is *LEVEL 6* "negative hallucination".



Remembering

When children are first born right up until the age of two they are in the Delta brainwave state. As you learned earlier, the Delta brainwave state is one of universal consciousness. Because of this they still have total remembrance of everything including what or who they were previously.

Between age 2 and 6 children are in the Theta brainwave state. As this is not the universal consciousness (Delta) any longer it is still a stage of open consciousness and remembrance. This is the same level that you are in when you are daydreaming. This is the same level that you are in when you are drifting off to sleep at night. This is beyond the level that you would be in while conducting a past life regression session.

Many times young children between the ages of four and six will speak about their previous families or even about what they did previously. Many of these young children will be found actively speaking to spirits that they may have known during a different existence. Unfortunately, as adults we often stifle their communication or memories and dismiss them as imaginary friends. After all, it is not socially acceptable for someone to walk around speaking to someone who is not there for others to see. Some even consider this behavior rude. Rather than dismissing this behavior as odd or strange it should be encouraged, observed and learned from.

Watching children play can give you clues to whether they remember a past life or not. Pay attention to the names that they give their toys, dolls or imaginary friends. Do any of the names of their friends seem familiar? Are any of them the names of deceased ancestors? Are there any

certain things that they like to do more than others? Do they seem to display talents in any certain area such as music, art, athletics or even cooking?

There have been documented cases where children upon reaching the age of speech will utter things that only an adult would usually say. In some cases the child seems as if they are trying to continue their previous adult life. This can be seen in instances with the child is arguing with their parent almost in a manner that suggests that the child knows best. They seem to argue with authority and conviction. Perhaps they were a responsible parent in their previous life as well.

From age 6 about age 12 children are primarily in the Alpha brainwave state. It is interesting to note that use of the frontal lobe for original thinking or the Beta brainwave state does not even enter into the picture until approximately age 12. Understanding this shows us that we must use a completely different approach to trying to communicate with young children. You can see that trying to communicate with them on an intellectual level can be virtually useless. You may as well be speaking a different language. Children in these earlier ages learn from observation and not from lecturing.

The Spiritual Mind

How is it that we are able to communicate in the spiritual world? Where do these images, thoughts, impulses or input comes from? Are you able to see things from the other side? Can you hear people speaking to you? Will you be able to taste the foods that you are seeing on the other side? Why is it that some people can see so much while others see nothing at all?

These are all questions that I hear coming from students and clients quite often. It is important to be able to react to them in a convincing manner.

First of all we are taught that every human being has five senses. They are the senses of: Sight (visual) - hearing (auditory) - tasting (gustation) - touch (kinesthetic) - and smell (olfactory). These are the senses that we use to experience what is in our mortal world.

The spiritual world is a completely different place. Many times clients at the conclusion of a spiritual session would report that they were not able to see or feel what was being said. Site and feeling/touch are two of our five mortal senses. In order to experience anything in the spirit world you must use what is known as the sixth sense.

The 6th Sense just as it implies is a separate sense from the other five. It does not involve site or touch. Those are two of the other five senses which answers the question of why a client could not see or feel what was being said. But still what is this sixth sense?

“The sixth sense is your imagination.”

Imagination -The language of your mind

Saying that to a class always raises a few eyebrows. Then the hands begin to fly up and questions abound:

If it's imagination is its still real?

How can it be imagination when it's something that happened before?

Imagination is something silly that kids use, isn't it?

Let's start from the beginning. We have learned that children often remember and communicate with the other side or the spiritual world remembering their past lives. We understand that the group of children that do this the most often and are old enough to speak happened to be operating in the Theta brainwave state.

How can they remember, explain and even describe what they are seeing to us? Why is it so vivid to them? The answer is because they have such a vivid imagination. They haven't even had time to develop their imagination or conscious thought in this life yet but are very descriptive of what they can remember. In other words the imagination that they have developed or are using has been carried over from the other side. It is the receiver or receptor of their communication.

Another way to explain it would be to imagine for a moment the radio waves traveling through the air all around us and through us at this very moment. How can we receive those radio waves? We must have some form of receiver that can identify one wave from another so we can tune into a specific transmission. That receiver is the

device that receives the radio waves and transforms them into something that we can understand. In the same manner the imagination is something that we use to receive and make sense of spiritual vibrations. It is the receiver

Removing any Travel Blocks

Often times when clients are participating in a virtual journey they tend to run across various blocks that hinder them from progressing. Keep in mind that the spiritual world runs according to your imagination. Knowing this sheds a whole new light on your abilities there.

If you find yourself traveling down a path and suddenly a door stands in your way that you cannot open, use your imagination to get past it. You can do this by commanding it to open, pushing it opened, imagining that you are placing dynamite at the base of it to blow it up, turning it into a revolving door and even imagining that it turns into water and washes away. With this newfound power of your imagination you are now in control with the ability to do whatever you can imagine.

To put it more clearly, if you run up against a block or hindrance in your progression, you have the ability of eliminating it at any time. If you are not able to eliminate it perhaps you should take a moment to reflect on the situation as the block is most likely self made for some reason.

Getting There – *“It’s simpler than you think”*

Alpha is the place. On a previous page the brainwave stages were described to you. Although most spiritual travel such as out of body experiences are conducted in the Delta brainwave state, past life regression is conducted at a much lighter stage.

The Alpha brainwave state is all that is required for past life regression. Within past life regression you are not required to contact the spirits of others who had passed on or to read anyone's mind. The basic ability of past life regression is memory. In order to remember people or events in this life or another simply requires relaxation. The Alpha brainwave state is home of relaxation and memory.

There are many ways to reach the Alpha brainwave state or various vehicles to begin a past life regression session. Often-times people make it much more difficult than it needs to be. The Alpha state is extremely easy to attain. Following this section you will learn several ways to attain the Alpha brainwave state for past life regression, the most common of which would be through hypnosis.

Keep in mind that simply closing your eyes blocks out approximately 80% of Beta activity. So if you think of that statement, you would derive that closing your eyes brings you 80% into Alpha. To bring you the rest of the way into Alpha simply take a few deep breaths and you are there. You can see how easily that was done. Keep in mind that even though you may be able to get there that easily, it may not be a practice you should use with your clients. Due to their many misconceptions they expect that it should take longer and be more difficult. Unfortunately, sometimes we need to

give people what they think they should have in ordered for them to feel that they got what they deserved or wanted.

An example of that would be if a client came into your office for a hypnosis session to be deeply relaxed. They are expecting a long induction, a long deepener and which they can really let go and they may expect the entire session to last 30 to 45 minutes. It is however entirely possible to conduct the entire session in approximately 10 minutes utilizing an instant induction which would give them just as much relaxation and results as the previous session. You may even find that the client is very satisfied with this shorter session until they look at their watch and see how long it took. Even though it was extremely effective the client will feel like they were shortchanged somehow and not be satisfied with the outcome. This is why we tend to make a session lasts between 30 to 45 minutes for past life regression whether it is required to attain the goal or not.

Hypnosis

Hypnosis is probably the most common vehicle used to bring someone to a past life regression session. Included with this course you are receiving a clinical hypnosis manual that will teach you the entire process of conducting hypnosis. The basic segments that you will want to include in your individual session are:

- Induction
- Deepener
- Depth test
- Past life transition script
- Past life regression session
- Awakening

PAST LIFE REGRESSION, Certification Training Manual

The basic segments that you would want to include in a group past life session are:

Induction
Deepener
Past life transition script
Past life regression session
Awakening

The only difference between the two is that the individual session should have a depth test whereas it is not required in a group session.

You'll also find that more preparation in the way of a pre-session will be required for an individual session rather than a group one. In an individual session which is being conducted in your office, and client most likely has never met you in is in a unfamiliar location. Because of this they will be nervous from the very beginning. Your job of course during the pre-session will be to create a good rapport with them and to set their mind at ease by speaking of the common misconceptions that people have. There is an entire pre-session format in your clinical hypnosis manual.

In conducting a group session, you will not have the problem of people being nervous as they will be there with many others in attendance. Your pre-session which may have lasted close to 30 minutes for an individual session may only require approximately 5 minutes with a group. With a group all you will need to do is give them the basic instructions of what is expected of them and any tips that might help them to experience the most and while they're session.

When Does Hypnosis Really Begin?

Where does it end? At what point does someone go into hypnosis? Does anyone know? No one really knows when exactly a subject goes into or comes out of hypnosis. However, maybe you can draw your own conclusions...

Exercise - Stand with your feet a comfortable distance apart and extend your right arm with your fingers tightly clenched in a fist, so you can feel your fingernails pressing into your palms. I want you to think that you cannot open your fist. As long as you feel your nails pressing into your palm, you'll be unable to open your fist. I'll count to three and at the count of three your hand will be so tightly clenched you'll be unable to open it. Think, you cannot open your fist! ... 1 ... your hand is getting tighter and tighter ... you will not be able to open it ... 2 ... tighter and tighter ... you can feel your nails in the palm of your hand as it is fused shut ... and ... 3 - **try, you cannot! You cannot!** ... and stop trying

Were you in hypnosis? When did hypnosis begin? When did it end? Does it begin or end at any time? Will we ever know, or will it remain a mystery?

ARONS DEPTH SCALE

In this course we will be working with the Arons depth scale. It has all the levels we will need.

There are Two Divisions

1. The first three stages are known as the Mnesic stages. (memory retaining)
2. The last three stages are known as the Amnesic stages. They are also known as the forgetting stages. Most subjects while in these stages will awaken and have no recollection of what transpired.

Judging Trance Depth Criteria

Catalepsy - The first three stages pertain to varying degrees of catalepsy - (muscular control)

Amnesia - Divides the third and fourth stages.

Third stage - Unable to articulate the word.

Fourth stage - Unable to remember the word.

Anesthesia - Divides the fourth and fifth stages.

Hallucinations - Fifth stage –

Positive hallucinations - Seeing and hearing what is not really there. A mirage

Negative hallucinations - Not seeing or hearing what actually is there.

The entire concept of a negative hallucination can be hard to grasp. An example would be if you had a chair in the middle of a room and under hypnosis you were told that you could not see that chair anymore, and were told to sit down ... you would be looking all around the room for another chair, not seeing the one that was in the middle of the room. However, in looking for the other chair, you would not trip or fall over the one that was made invisible. In order for the mind to not see something that is actually there, it must first register what not to see. Therefore, you would walk around the chair, look over it, look under it, and maybe even look through it, but you would walk “around it” while searching the room.

Here is a chart that breaks down the six stages of the Arons depth scale.

ARONS DEPTH SCALE

MNESIC LEVELS

1. Eye catalepsy - very light, subject feels wide awake.
HYPNODIAL - Simple muscle control. Deep enough for smoking cessation, weight loss and many subjects.
2. Arm catalepsy - Critical reasoning is impaired. Larger muscle groups can be manipulated. A slightly deeper state than #1. Most sessions are done in this level.
3. Number block - Almost complete control of the entire muscular system. Subject will not be able to articulate a word, but can still "remember it".

AMNESIC LEVELS

4. Glove analgesia / anesthesia - The beginning of amnesia. Subject will not be able to "remember" a number, address or even their name. Good for dental work. Analgesia - Feeling pressure but NO pain.
5. Anesthesia - No pressure or pain. Deep enough for most surgeries. Complete anesthesia. Beginning of somnambulism.
Positive Hallucinations - (seeing what is not there)
6. Negative hallucinations - (not seeing things or sounds that are actually there.) Effect senses of sight and hearing negatively. Profound Somnambulism.

Open Ended Regression Technique

In just a moment I am going to count from one to five, when I do you'll go back to the place where your problem first began. Trust whatever comes into your mind, do not second-guess it. Whatever it shows you will be the source of the problem. Now I will begin counting with five ... four ... three ... two ... and one... describe to me what you are experiencing at this moment...

Meditation

Meditation is also a wonder full vehicle to experience past life regression use whatever method of meditation you prefer. (You can find countless books on meditation in the book store or online.) Once you are in a relaxed meditative states (alpha) simply focus your mind on a past life event you are focusing on. Once again allow your mind to accept whatever impressions come through.

Lucid Dreaming

You may utilize Lucid dreaming to attain immediate regressions. Lucid dreaming is basically controlling your dream consciously. Have you ever been having a train during the evening in which you suddenly became conscious of the dream and began to direct it in a way that you wanted it to go? If you did then you had experienced Lucid dreaming.

Lucid dreaming is also very similar to daydreaming but keep in mind that the key ingredient to Lucid dreaming is you are in control.

In fact the process of daydreaming is actually conducted in the Theta brainwave state.

Understanding that, now you can see that Lucid dreaming is something that does not even require the depth of relaxation utilized for daydreaming. In fact many students during classroom lectures will experience daydreaming and since it is in the Theta brainwave state once they emerge from their daydreaming state they realize that they have no memory of what had happened around them for the entire time. This phenomenon is known as “losing time” or “lost time”. This is a phenomenon that is often associated with alien objections. That is because they attained the amnesia state.

Affect Bridge

Using the Affect Bridge allows you to access Past lives quickly.

Basically through utilizing intense emotions, words, visions, phrases or physical sensations you are able to associate these emotions with the first time you had ever experienced them.

The Bridge Technique is used in conjunction with regression as a way to find an initial incident that may have been covered up or hidden by the subconscious mind. The concept of the bridge technique is to take the subject back in their mind using regression to the first time that they could remember whatever incident or event they are searching for. When the clients remembers the first incident they could recall having to do with it and when they begin to display some emotion related to the initial situation, tell them at that point

to go back to the first time they could ever recall feeling that feeling they are presently experiencing at this moment.

Tell them with some authority and then ask them where they are right now. They should have bridged the gap back to the real incident that caused the panic attacks to occur. If they do not go back to another incident either they do not remember it or the first recollection they already have may have indeed been the first time.

The principle is that emotions remain within the subconscious mind as they are such a strong stimuli. Each emotion that you have presently is usually associated with a previous emotion pertaining to a similar event. An example would be if someone were to ask you to walk a tight wire over a high ravine. If you have ever fallen in the past and gotten hurt you might find yourself feeling anxiety about walk over the tight wire. This anxiety will immediately bring you back to the first time you ever fell and hurt yourself.

This is an extremely common phenomena as approximately 90% of every decision that humans make are responded to from their past. Very few decisions are made through original thinking. It is as if we are continually running programs over and over in our minds. When a decision needs to be made, there is a form of tape recording playing from your past that tells you the best way to make that decision. This is what happens once a habit is formed. It plays over and over whenever

something similar is required to help make a decision in the future.

Because we have all these recordings playing on a daily basis it allows us to be able to access these recordings which were carried over with us from our past lives.

Instant and Rapid Inductions

The purpose of an instant or rapid induction is to bring your clients to be alpha state in order to begin their session in a much quicker manner than using a progressive relaxation or other form of drawn out process.

It is important to realize while no one is immune to instant or rapid inductions, anyone can resist them if they decide to. Therefore you are going to use one on your client to be sure they are aware of what you're going to do before you do it.

It can be an advantage to use an instant induction during a session so you can have more time dedicated to the research part of the process. If you have a client coming to see you for multiple sessions, you may want to use a progressive or longer type induction for their first session and the instant induction on the second or subsequent sessions once they are comfortable with you.

While conducting these rapid and instant inductions, at the instant when the client is being pushed backward or body is being jarred in some

manner with their eyes closed, this produces a “shock” type effect to the conscious mind. At that split-second the conscious mind is placed off-balance and is trying to retain control. However while it is off-balance and trying to regain control, any “one word” commands given in that same moment will not meet resistance by the conscience mind and will be acted upon immediately by the subconscious. Two of the most effective words that may be given are the words “sleep” and the word “heal”.

Another important point to realize while conducting instant or rapid inductions is that once you have performed this to your subject and especially if they did not realize that you are going to be doing this, it will surprise them very much. Because of the sudden shock to their system it is important that immediately upon performing the rapid or instant induction that you continue speaking to the client in a calm steady manner. If you do not continue speaking to your client and they do not hear your voice they will come out of trance just as quickly as they went in. Your voice serves as a soothing anchor to help them to realize that they are safe. It doesn't really matter what you say to them when you speak or whether you even speak to them or to the audience at this point, all that is important is that they continue to hear your calming, anchoring voice.

Arm Pulling Method

Instant induction

By Rene A. Bastarache, CHI

(This can be used as a very quick “instant induction” or included in a relaxation as a rapid induction.)

I'd like you to shake my hand and continue holding it as you close your eyes... *(make sure they close their eyes)* and relax ... now lock your elbow *(put your other hand on their elbow, securing it)* and ... SLEEP! *(Say the command as you gently, but sharply pull her hand towards you and the exact same instant you say SLEEP!)*

Hand Release Method

Rapid induction

By Rene A. Bastarache, CHI

This method can be conducted either sitting or standing. With this method you would tell your subject to place their left arm straight out in front of them locking it at the elbow. Now place your hand palm upwards under their wrist and tell them to push down on your hand as hard as they can as if they were trying to push your hand down to the ground. Then say “The harder you push down on my hand, the more tired you will become.” and repeat it several times if you do not feel they are pushing very hard then continue by saying “You are so, so very tired that all you want to do is just “ sleep”.” (As you say the word “sleep” simply lower your hand quickly a few inches and as you do their arm will drop. As it drops they will go into a deep sleep.)

Instant Induction from Handclasp Test

By Rene A. Bastarache, CHI

Once you have conducted the handclasp test (see suggestibility tests for details) and their hands are still extended outward together you say this ...

“Your hands will remain stuck until I come by and touch them, and as soon as I touch them your hands will drop down to your side and you will drop into the deepest state of relaxation.” Remember, if they are standing you should tell them that they will not fall.

If there is only one person you are doing this with, you would simply place your hand on top of their hands and then push downward on their hands, saying the word “sleep“, and notice their head drop down as they go into a deep hypnotic sleep.

If you have many people you are doing this with for a larger show you would simply do the same thing saying sleep and pushing their hands downward, then going to the next one in line doing the same with them going down the line to each one of them.

If they are sitting you can also tell them that as soon as you touch their hands, their hands will drop to their sides and their head will fall sideways onto the shoulder of the person on the right of them. This works out to be a very funny routine for a comedy hypnosis show, but beware that the last person in line will have no place to put their head. You will want to tell them that their head will go the opposite direction on top of the head of the person to their left.

What you can do in sessions

Although your imagination is the limit as to what can be done, here are a few suggestions of the ways that you can conduct sessions to give you more insight.

Single life session

This is a basic past life regression session process. It is to bring a client into one past life experience to find out whatever information it is they are searching for. It is a basic session that most of the scripts are designed to conduct.

Multiple lives in one session

Another option is to bring a client into several lives within the same session. This can be done one after the other simultaneously or it can be done using a form of bridge, bridging the client from an emotional event and their present past life experience to when they may have experienced it in another past life.

Return to a same life as much as you like

Occasionally you will find a client that desire is to go back to the same past life regression experience because they felt there was so much more to uncover. This can be done by having them simply imagine themselves at the same past life during the next session that you conduct. It is completely their choice where they decide to go.

The Ghost of Christmas past

Be a fly on the wall (Listen)

If you have ever read or seen on television, Charles Dickens "A Christmas Carol", you would understand the concept of meeting the ghost of Christmas past, present and future. You can even utilize past life regressions in this manner by going to the past and simply observing what is going on as an innocent bystander. You can also associate what you have learned from this past life to your present life. You will also find that later on in this manual that you can even go to the future to see how things are working out then for you. So you can now see that Charles Dickens must've been advanced beyond his years to create such a novel. Is his novel science fiction or fiction?

Scanning multiple past lives for similarities

Once you are ready to begin the past life segment of your session instruct your client to simply relax and tell them that they will be scanning many past lives at once in order to find similarities within them. You can have them use their imagination in any way they choose to do this. One way they can do this is by having them imagine as if they are typing the specific incident into their computer as a search. Once they press the enter button they will be able to imagine all these similarities from various past lives come across an imaginary computer screen in front of them.

The advantage of doing this is to be able to find cycles of certain behavior that they have perhaps been burdened with in the past so they may be able to break the negative cycle in this life.

Learning from your death scene

It can be advantageous to have your client experience their death scene as a positive experience to learn from. Keep in mind that while they are experiencing their death scene that they will be doing so as if they are watching themselves as an actor on a movie screen in front of them. This way they will not experience any pain or emotional distress first hand.

While they are on their death bed they can observe what is being said about them as well as the thoughts that are presently going through their head. It is a good time to reflect upon their lives. Is there a positive moral of their life that they would want to take back with them? Is this something that they wish they could have done differently? Who were the people that were closest to them? Is there anyone in the room in their last moments that they recognize? Do they recognize this person as someone from this present life?

It's all in the eyes-recognition

It is said that the eyes of the gateway to the soul. When trying to recognize someone from a past life to see if you know them in this life, it is good to look at their eye first. You may recognize them right away. Don't let the eyes be the only form of recognition. The best way is to see how you feel about them. Do you feel any kind of emotional bond whatsoever? Do they feel like they are someone important to you? If so, who? Let your feelings run free and allow the first impressions you get to guide you.

Take good things from your past with you

Upon the conclusion of your past life regression session you may want to ask your client if there is anything positive from that life that they would like to take with them to this life. Possibly the feelings of love, happiness or having a happy family. If so they can take it with them to their present life to enhance it.

Leave garbage from your present behind

While your client is deciding whether there is anything good from their past life to bring back to the present you can also ask them if there is anything negative from their present life that they would like to leave in the past.

If they are having anger issues, family problems, frustrates and this with different events, depression or even anxiety, they can leave those negative hindrances in the past and replace them with positive things.

Connecting with spirit and animal guides

There is nothing that says that a past life regression must be experienced alone. When creating your scripts or conducting a sessions you may want to give the client the opportunity to meet with their spirit guides, spirit animals, guardians, angels, loved one's or whatever else their personal belief may be.

You can use this spiritual meeting as an isolated conversation where they can get advice and blessings or you can actually have their spirit guide travel with them as they go along their journey. If

you decide to have a spirit guide travel along with them, keep in mind what the purpose of your journey is so that the spirit guide does not become a hindrance along the way.

Expectations & Misconceptions

Just as with any other form of metaphysical practices, hypnosis included, there are many misconceptions as to what past life regression really is and what will occur. It is important to try clarify as many of these misconceptions as possible before you attempt an individual past life regression session.

Here are some of the most commonly asked questions with basic responses.

How can I get the most out of my experience?

You will get the most out of your experience if you come to the session without preconceived notions of how it should be. Past life regression tends to be different for each person just as each person's mind is different.

Allow yourself to be relaxed, open-minded and receptive to your feelings and imagination.

Is it real or imagined?

The easiest way to answer this is, "reality" is in the eye of the beholder. Whether it seems a real or imagined is totally up to the client. What may seem totally fabricated to you may be 100% true to the client.

There is no such thing as absolute reality. Reality is completely different from person to person as it is created by each individual person. When someone ask you if it was real or imagined, respond to that question with another question. How did it feel to you? The reason that it is a

tricky question to answer is that imagination is the tool that is used to receive the images during past life regression. Imagination is also the tool that is used to create your present reality. Whenever you have goals or desires, you must imagine them in order to attain them. So were your goals that you attain real or imagined? The answer is, both! Imagination is the sixth sense.

What will I see?

This is a common question in past life regression. Of course the answer is entirely up to the individual person. Keep in mind that sight is one of the first five senses. Although even though it is one of the first five senses your client still may see things in her experience or hear things. Everyone's imagination works differently.

Will I be able to hear you?

Yes you will be able to hear the person conducting the session as you will only be in the alpha brainwave state.

Even in the deeper brainwave states the client does actually hear everything that is being said, they just cannot remember it afterwards.

Will I remember everything?

Depending on how deeply relaxed you are you will remember everything that occurred. You will have a notepad available to you upon opening your eyes so you can take some time to quietly write down everything you remember while it is still fresh in your mind. Sometimes immediately after

a session, you will remember everything however it will start to fade away as time goes on. This is similar to waking up from a dream where you remember everything but within approximately five minutes you have forgotten it.

Is it dangerous?

No, it is no more dangerous than relaxing in a recliner.

Will I experience negative memories?

Only if you choose to. If the purpose of your regression is to open negative memories from the past, then chances are you will experience negative memories.

Whether your client experiences the negative memories actively or passively determines on whether you as the director had the client in pseudo or true regression.

Safety Issues and Ground Rules

Just as with any other forms of journeys into the mind is important that preparations or guidelines are made and understood in advance.

Cones & Circles & Spheres oh My!

If you believe you are safe then you are. Depending on your religious or spiritual beliefs there may be many different things that you can do to create safety around you during this trip. You may choose any of the following methods or create one of your own.

Imagine a cone of protection around you. This is a cone similar to the shape of a large ice cream cone. You are able to travel freely within it but nothing from the outside is able to penetrate it unless you wish to.

There have been many cases where certain groups of religionists have traveled into the spirit world while having their fellow parishioners create a circle around them while praying. This is a form of an impenetrable circle that is a form of safety.

Imagine a round sphere of protection around you. Imagine it as a large wall surrounding you entirely that actually penetrates through the floor and follows you as you walk. You can make this ball as large or as small as you like simply by imagining it. Once again nothing can penetrate the ball unless you allow it to.

You can create anything you like that will work the same way. You may want to create a bodysuit of protective armor around you.

You can have a safe word or slogan that you recite to yourself that can be used when you feel any form of anxiety.

In this manual we have created a script to create a spirit room that works with the same purpose in mind. It is a room that you create while in the alpha state that is a very safe place. You can invite people to come into your room if you wish and you will be protected. This is also a great room for meditation, deep relaxation or contacting spirits.

The bottom line is, if you use your imagination and feel that you are safe, you will be safe.

If you believe it, it can happen

Ghost, Goblins, Goons and Monsters. I often have clients ask if they will see ghosts, demons, winged creatures or even gargoyles on the other side. If these creatures are part of your reality than they may likely be on the other side as well. Remember, everything works according to her imagination. If you are continually imagining evil, scary type things, chances are that you will see them everywhere. Therefore it is not a good idea to travel into the spiritual world after watching a horror movie on television.

If you allow it to happen it will. If you do not allow it to happen it will not. Your level of safety is up to you.

How do I deal with resistance?

Handling resistance to regression is important for the therapist to handle before the client attempt to regression. Whenever possible, it is a good idea

to condition your client to be able to relax easily and hypnosis prior to the session. This can be easily done if you have prior sessions or other issues before the past life regression or through recorded CDs or MP3s for the client to listen to to begin conditioning themselves at home before they come in for the session.

If you are not able to precondition your client with live or home session you will want to be sure to have an extra long induction and possibly even several speakers before bringing them to the regression. Of course is always good to test your clients a disability during the session with a trial run to see if they are ready yet.

Occasionally when a client does not respond well to your session in may be because you *are not using the proper modality* that pertains to them specifically. If your client is primarily kinesthetic and you will using visual terminologies they may not respond well. Keep in mind that not everyone has the same primary sense. While the majority of the public are visual, kinesthetic subjects are a very close second.

Occasionally a client will be afraid to *confront something emotionally painful a disturbing* and will thereby sabotage their own process. Be sure to inform the client that they will be completely safe at all times and if they are feeling any stress or anxiety that they should let you know so you can bring them to a happy place.

Some clients will *continue to open their eyes*, speak to you or nod their head in agreement each time you asked him to do something. Often times this is a sign of insecurity. When this happens simply tell you client to keep their eyes closed. If they are responding to you with the suggestion,

informed them that they do not need to do that and to remain silent for the optimum success. If they are continually nodding or moving, simply suggest for them to keep still as much as they can.

Consciously thinking too much which encourages the conscious mind to take over. Encourage the client to simply let go and relax, that everything which needs to happen will, even if they are not thinking about it

Trying too hard which discourages the client if they do not attain what they expect immediately. Trying too hard is a sure way to be unsuccessful and hypnosis. Many times trying too hard will turn into a form of self sabotage which will limit progress. Encourage your client once again to relax and let go.

Client has the misconception that they must be unconscious and not hear you. This is a classic misconception which many people have. They feel that if they can hear you that they are not "in" and hypnosis. The best way to eliminate this is to explain what hypnosis actually is before you begin the session. Let them know that they would just be relaxed and still be able to hear everything you say.

Note: While it is true that in the deeper states of hypnosis the client will not remember anything when they come back, the steps out to deep for past life regression. In the Alpha state, the client will remember everything which is important so they can put their experience down on paper and learn from it. Any deeper than the Alpha state your client will not remember as they are entering the states of amnesia.

Have a tendency of falling asleep. This is something that will happen if you tend to have your sessions too late in the evening. It is natural for clients to be sleepy later in the day. If they only fall asleep once or twice, you may continue but be sure that they are awake while you speak. If you find they are falling asleep more often, you may want to reschedule for another day.

True and Pseudo-Regression

There are two different forms of regression true and pseudo. It is important to understand the difference between the two and also when you should use either one. True regression is when your subject is experiencing regression first hand as if they are in it. They are experiencing events as if it were happening live. They can smell the smells and feel the emotions; they may even experience fear and anxiety.

Pseudo regression on the other hand is as if they were experiencing the situation in the third person. It would be as they were sitting in a movie theater watching themselves on a screen. As if they were an actor or one of the participants on the screen. In pseudo regression they would be describing what was going on in the third person and would not be feeling the actual emotions or pain.

It may be advantageous at times to bring someone into regression through pseudo regression so they do not experience the event emotionally all over again. However in many cases, depending on

the certain therapy that you're performing you may need to bring them into true regression to solicit an emotional response such as in performing a bridge technique.

It is important to know that even if you are conducting a session with the subject in pseudo regression, many times they may slip into true regression on their own. You must be aware of how they are speaking during the regression, whether they are speaking in the first or third person. If you need to keep them in pseudo regression, you may have to stop them from time to time to bring them back. To do this you would remind them that they are sitting in a movie theater watching themselves on the screen, and that they will not become emotionally attached.

Avoiding confabulation

Leading & non-leading questions

It is important while conducting regression techniques to be careful of how you word your statements. In regression what you are seeking is the true events that the subject had experienced however there is always the possibility of confabulation to occur. Confabulation is an event or memory that is made up by the mind either due to the subject being led or steered in a certain direction by the Hypnotherapist or maybe by other memories that the subject may have stored in their mind. In most cases the subject will feel that these memories are true. But as the Hypnotherapist you

must be conscious so as not to lead your subject to confabulate something that has not occurred. Therefore be very careful how you ask questions. Do not ask leading questions. However you should ask open ended questions. Questions that would leave the subject to choose their own answers and not ones that you would have them choose.

In most cases while the subject is in hypnosis and trying to recollect incidents that happened, it will seem to you like they are taking a very long time. When in fact the subject does not realize how long they are taking because they are so relaxed. It is important to give them the proper time needed to answer the questions. If you cut them off because you are impatient when you think that maybe they have given you the entire answer you may lose important information that they were just about ready to say. So helpful wording while you are asking a subject questions if you feel that you are not sure if they were finished would be to simply say things such as “go on ...” or “and ...” or “okay ...” or “and then what ...”. Each one of those statements can aid your subject to continue without frustrating them to stop.

While in regression if you ask a question and you see that your subject does not have the answer or does not know the answer it is important not to push them to give you an answer because this may also cause confabulation. It is best to ask the question a different way or to move on to another question rather than to frustrate them.

The remote-controlled technique

Many times while in regression you may have to find out certain things that have occurred that may require you to use detective type techniques to uncover them. A good example of this would be if you were hypnotizing someone to go back to an event where a hit and run accident occurred so as to find out the license number or a vehicle description that fled the scene. One technique that I've found very effective in doing this is the remote-control technique. This is done by having your subject imagine that they are holding a magical television remote control unit. With this unit you can have them stop the scene as they're watching it, or fast-forward, rewind, pause, zoom in, zoom out, and even slow the scene down frame by frame. Now as you are regressing the subject to the event that they're trying to remember you can do any function you need to with the remote control. If they are not able to see clearly the license plate, you can tell them to pause the scene and to zoom in. In many cases they can suddenly see the license plate that they couldn't see earlier. Or in a situation where they cannot remember seeing something, you may want to rewind the scene and then go forward frame by frame very slowly so they can see what they have missed. It is a very strong technique that can be adapted to suit many needs.

Regression Calendar Technique

The Calendar Technique is just as it sounds. If you can remember back to when you were a child you may have seen certain cartoons where the cartoon character was going back in time and there was a desk type calendar, the type with one sheet per day setting on the desk. As a wind blew through the room blowing each page over, page by page, day by day, back as it went further back in time faster and faster, the cartoon character went back in time until the calendar finally stopped on one certain date, and the cartoon character had been regressed. This is exactly what the regression calendar technique is. Imagine one of those desk calendars that has the many sheets, one sheet per day, and the wind blowing each sheet day by day, going backwards. Have them visualize the calendar with one day per sheet starting with today's date, and as the pages flip back you see yesterday's date, you even imagine what happened yesterday. Then the next day flips over, then maybe five days at a time. Then the calendar continues to keep flipping back faster and faster, a week at a time, a month at a time, even years at a time. It begins a slowdown just before the date that you're trying to regress the subject to. At this time the client is where they need to be in the regression.

Other Regression Techniques

There are many different forms of regression techniques other than the calendar method that are limited only to your imagination. The hallway technique would be having your client visualize themselves in a hallway. This is a long hallway with a door down the other end. As they are walking down the hallway they are walking back in time. As you walk down the hallway you walk back in time a few days, few weeks, years, and as you slowdown you come to a door that will open just before the point you need to be regressed to.

Using the same kind of technique you can do it with an elevator, a stairwell, or even a fluffy cloud that takes you into the sky and as you descend you descend exactly where you need to be at the certain time or place.

The previous techniques are just vehicles to get your subjects where they need to be. However depending on your confidence level you do not even need to have a vehicle or manner to bring a subject back in time. Instead if you know you need to bring them back to a certain date, just tell them to go back in their minds to that certain date, and they will do so. Or if you're trying to find a certain item that your subject had lost you would tell them in their mind to go back to the last time that they recall actually seeing it. Once they have gotten there you just have them tell you step by step what they are doing from that moment and continue until they actually find the item.

Record Keeping - Keeping a journal

It is important to encourage your clients or even yourself to create a past life journal. This journal will help you to unscramble much information that may not have made sense initially.

As soon as you emerge from a past life regression session, immediately write down everything you can remember from the session. No matter how irrelevant or even silly it may seem, write it down

Initially it will seem as if it is a jumble of mixed images, thoughts, feelings and occurrences. You'll find however that as you continue entering information from additional lives that much of the confusion will turn into valuable information and clues about your past lives.

You'll eventually begin to see patterns and be able to tie information for one life to another. Your journal will become the center point of knowledge that you can use to learn about yourself. As you progress you'll find your entries becoming more descriptive and clear. It is a growth process.

You should begin immediately writing in a journal. You may even want to start by writing your personal beliefs of past life regression, spiritual travel and reincarnation. It'll be interesting to read these initial entries six months down the road to see how they have changed.

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|------------------------|
| LIFE #1 |
| DETAILS |
| LESSONS LEARNED |
| THOUGHTS |

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| |
|------------------------|
| LIFE #2 |
| DETAILS |
| LESSONS LEARNED |
| THOUGHTS |

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|------------------------|
| LIFE #3 |
| DETAILS |
| LESSONS LEARNED |
| THOUGHTS |

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|------------------------|
| LIFE #4 |
| DETAILS |
| LESSONS LEARNED |
| THOUGHTS |

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|------------------------|
| LIFE #5 |
| DETAILS |
| LESSONS LEARNED |
| THOUGHTS |

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| |
|------------------------|
| LIFE # |
| DETAILS |
| LESSONS LEARNED |
| THOUGHTS |

Session Format

In this section you will learn how to put together a past life regression session.

Although we have included some premade scripts, you'll find that most of your sessions will be created as you are doing them. The reason for this is that each session is different and the responses that you get from your clients will also be different. Because of this there is no way to make a standard type scripts for the past life process.

The other parts of the session from the beginning all the way until the past life script can however be read from a script using a standard pattern if you wish.

As a refresher from the hypnosis section earlier in this manual here is the format used through hypnosis for the individual and group session.

The basic segments that you will want to include in your **individual past life session** are:

Induction

Deepener

Depth test

Past life transition script

Past life regression session

Awakening

The basic segments that you would want to include in a **group past life session** are:

Induction

Deepener

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Past life transition script
Past life regression session
Awakening

Inductions

An induction is simply the part of the session which is used to relax each individual part of the client's body. By the end of the induction your client should be already in the alpha brainwave state.

Included are two inductions that you may use. The first one known as the "Progressive Relaxation" is the most commonly used an induction for any form of hypnosis. It is longer than the second, "Simple Body Scan".

Progressive Relaxation

(Non-analytical) A.S.H.

Close your eyes and relax. Take a deep breath ... and take a second deep breath ... and on you third deep breath, hold it for about three seconds ... and exhale and relax.

I'm going to have you relax, every part of your body starting from the top of your head all the way down to the bottom of your feet. And as you relax each part of your body, I'd like you to use your imagination to visualize ... and even feel ... each part of your body relax and let go completely ... starting with the top of your head ... your scalp and your forehead ... your eyebrows and your eyelids ... and feel that relaxation going down through your cheeks and your nose ... relax your mouth and especially all those muscles around your mouth and lips ... make sure your teeth are not clenched together ... and just relax ... relax your chin and your jaw ... and allow all of those muscles in your face to just let go ... and your neck relaxes ... starting with the front part of your neck ... and the back part of your neck ... all the way down to your shoulders ... just feel your shoulders relax completely ... get rid of any tension that might be in your shoulder area ... it should feel good to do that ... and your arms relax ... starting with your upper arms ... going down to your elbows ... relax your wrists ... your hands ... and even the fingers just relax and let go ... Notice how deep and regular your breathing has become ... so much more than just a few moments ago when we began ... feel your breathing ... feel the rhythm of your breathing ... notice the contraction and expansion of your diaphragm and your chest ... and allow your chest muscles to relax completely ... all the way down to your stomach ... just feel your stomach muscles relax and let go ... get rid of any tension that might be in that area ... just allow everything to let go completely ... and your back muscles relax ... those larger muscles in the upper part of your back ... going down your spinal column ... into your lower back ... and allow all those smaller muscles in the lower part of your back to relax as well ... and your hips relax ... and especially your legs ... starting with your thighs ... your knees ... and feel that relaxation going down into your calves ... and your ankles ... relax your feet ... and even your toes just relax completely ... as you begin to drift into a deep

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relaxed state ... just letting yourself go ... letting your mind and body become one ... just feeling so good ...

In just a moment I'm going to count from 20 down to 1 ... and as I do ... you can allow yourself to relax at your own pace ... but before I do that I'd like you to use your imagination ... I'd like you to imagine a custom cloud snuggling up to your body in the shape of a chair ... and imagine that this chair has arms on it ... it's a very warm and comfortable cloud ... it's your personal cloud ... notice how it snuggles up to your body ... now it is going to take you to a very beautiful place ... a special place in your life ... a place where you're happy ... a place where you feel good ... and a place where you're totally relaxed ... So as I begin counting just allow yourself to relax completely on that comfortable cloud and let it take you to that wonderful place where you're happy ... relaxed ... and very calm ... Just allow yourself to be there for a moment as I begin to count ... and you allow yourself to go deeper and deeper into relaxation.

20 ... just let yourself go completely ... 19 ... 18 ... all the way down deep ... 17 ... 16 ... deeper and deeper ... 15 ... 14 ... just let yourself go ... 13 ... 12 ... give yourself the permission that this is what you want to do ... 11 ... 10 ... allow yourself to let go ... 9 ... 8 ... deeper and deeper ... 7 ... 6 ... all the way down deep ... 5 ... 4 ... tired and drowsy ... 3 ... 2 ... so very relaxed ... and finally ... 1 ... deep ... deep ... relaxation.

Simple Body Scan
(Non-analytical)

By Rene A. Bastarache, CHI

Close your eyes ... take a deep breath ... take a second deep breath as deep as you can ... and on your third deep breath hold it for about three seconds ... and exhale and relax ... with each breath that you take, allow yourself to relax deeper and deeper ...

I'm going to have you relax each part of your body starting from the top of your head, going all the way down to the bottom of your feet ... and as I mention each part, just allow everything to let go ... starting with the top of your head ... your scalp and your forehead ... let go of all the tension and stress ... your eyebrows ... your eyelids ... feel that relaxation going down through your cheeks and your nose ... relax all the muscles around your mouth and lips ... relax your chin and jaw ... and allow all those muscles in your face to just relax and let go ... feel that relaxation going down into your neck and shoulders ... get rid of any tension that might be in your shoulder area, it should feel good to do that ... relax your arms ... all the way down to your hands and fingertips ... just let go ... let go completely ... and notice how deep your breathing has become ... so much more relaxed than just a few moments ago ... and as you breath in deeply and exhale slowly ... allow all the muscles in your chest to just relax ... all the way down to your stomach, get rid of any tension that might be in your stomach area ... down to your hips ... just let go completely ... and your legs relax ... your thighs ... your knees ... relax your calves and you're ankles ... feel that relaxation going down into your feet ... and even your toes just relax completely ... as you drift down deeper into a very relaxed state ...

Depth Tests

A depth tests is exactly what it sounds like, a test that is used to find out what level of hypnosis a subject is in.

To the average client listening to a hypnosis session it may seem as if there is no rhyme or reason why you say certain things at certain times, that the success or failure of a session depends on sheer luck or how they would be feeling at a certain time.

This is far from the truth, as there is a science to bringing someone into hypnosis. The trained conductor can bring the client to the exact level of hypnosis he or she needs to be for the specific issue. The way this is done is through depth tests.

On the next pages are several two of the most common ones which will help you with this process.

Spot on Hand
Depth Test

In just a moment I am going to have you bring your right hand up in front of your face with your palm facing you, about 8-10 inches away, fingers pointed upwards and lightly pressed together ... Then I am going to have you try to open your eyes and focus on one spot on the palm of your hand, looking nowhere else in the room, just focusing on that one spot ... The one thing that you must accomplish is you must remain totally relaxed, and completely at ease, even with your hand in that position.

So now remaining totally, completely relaxed ... I'd like you to raise your right hand up in front of your face with your palm facing you, about 8-10 inches away, fingers pointed upwards and lightly press together ... that's good ... Now try to open your eyes and focus on one spot and only one spot on the palm of your hand ... and as you focus on that spot your fingers are beginning to separate ... that's right as you focus on that spot, your fingers are separating ... wider and wider, more and more relaxed ... and don't let it bother you now that your fingers have separated ... it's a very natural and normal sensation, and in just a moment as I begin counting ... you'll notice that your eyelids are becoming heavier and heavier ... that's right heavier and heavier ... as your fingers separate even more

1. Your eyelids are becoming heavier.
2. The more you concentrate ... the more your fingers separate ... wider and wider.
3. All outside sounds are just fading away into the distance ...
4. So tired and drowsy ... Let your eyes close all the way down ... and
5. Return your hand down to your (lap / or to the chair), as you go deeper into relaxation

Yardstick
Depth Test

I would like you to use your imagination. Imagine a yardstick if you would ... as you know a yardstick has numbers from 1 to 36. Imagine that the number one represent the least relaxed you could be ... as if you were wide awake and the number 36 represents the deepest that you could be relaxed ... Between 1 and 36 there are many numbers ... one of those numbers best represent exactly how relaxed you are at this present time ... I'd like you to think about how relaxed you are right now and about which number best represents how relaxed you are ... In just a moment I will ask you to tell me which number it is that you are relaxed at ... So now remaining totally completely relaxed ... tell me, what number are you relaxed at right now? *(If they are not relaxed at a high enough number then do another deepener)*

Deepeners

A deepener is used to help your client relax even more. This is the part of the session that the majority of hypnosis clients seem to enjoy the most. There are many different forms of deepeners and you'll eventually find that you can create deepeners around the likings of your clients. You can use any topic from winter scenes, ocean scenes, forests, valleys, watching waterfalls, outer space and even underwater relaxing adventures.

Elevator
Deepener

I'd like you to use your imagination for a few moments. Just imagine that right in front of you within a few feet is an elevated door, visualize the door clearly in your mind ... the color ... the texture ... how tall it is ... how wide it is ... what it is made of ... in just a moment you're going to enter the elevator and it will take you on a wonderful relaxing journey. It will be a very comfortable, spacious elevator, and at no time will you feel closed-in or uncomfortable. You will only have wonderful, relaxed feelings ... Now the elevator doors open as you imagine yourself walking in and turning around so you're facing the doors and you see them close in front of you. You notice how comfortable you feel and how much larger the elevator seems on the inside than you thought it would be. As you are looking at the doors of the elevator you notice just to the right of the doors a large panel. On this panel there are 25 buttons arranged from 25 on the top going all the way down to the number 1, which represents the bottom floor. Visualize this panel as clearly as you can, if you can't see it clearly, just imagine it and the same purpose is being served. What are the shapes of the buttons? Are they square, or rectangle or round? What color are the buttons? What color are the numbers on the buttons? Are they large or small? See as many details as you can ... you are on the 25th floor, and in just a moment, you are going to press the number 1 button and you'll feel yourself descending downward. With each floor that you descend, you'll feel your body relax more and more until you get all the way down to the bottom floor, and when the doors open, and you'll find yourself more relaxed than you have ever been before. So let's go ahead and begin.

Imagine yourself reaching down and pressing the number one button ... as you feel the elevator descend downward to the 24th floor ... and you allow yourself to relax 23, 22 ... deeper and deeper ... 21, 20, 19 ... with each floor you descend, you go deeper and deeper ... 18, 17, 16 ... more and more relaxed ... 15, 14, 13 ... all the way down ... 12, 11, 10 ... peaceful and serene, all outside sounds just fading away into the distance ... 9, 8, 7 ... deeper and deeper ... 6, 5, 4 ... total relaxation, feeling wonderful in every way ... 3, 2, ... and finally ... 1... Deep Deep ... relaxation, and you can remain in this deep relaxed state, and even deeper if you decided too, for the remainder of the session.

Staircase
Deepener

As you sit there, very comfortable and relaxed - I want you to visualize a staircase in front of you ... A beautiful staircase with a beautiful banister running down alongside and a deep, rich carpet underneath your feet ... As you look down the stairs you notice that there are ten steps leading gently down ... Ten steps leading down, down, down ... These are the steps that will lead you deep into relaxation ... and in a moment, as I begin to count you will walk down those steps and you will find that the deeper down you go, the more comfortable and the more relaxed you will become.

So take hold of the banister and begin to slowly descend the stairs starting with the top step...

- 10 - Deeply relaxed ...
- 9 - Let yourself go more and more ...
- 8 - More and more relaxed ...
- 7 - Deep, deep relaxation ...
- 6 - 5 More and more and more relaxed ...
- 4 - Deeply relaxed, soooo comfortable ...
- 3 - More and more relaxed ...
- 2 - Almost at the bottom now, just one more step to go ... and
- 1 - Deep, deep relaxation, all the way down...

Now that you have reached the bottom step, and you are totally relaxed ... just allow yourself to let go completely as you go deeper and deeper...

Past Life Transition Scripts

A transition script is designed to be used to gap the deepener to the actual past life regression script. Before using a transition script be sure that you have first read the deepener, transition script and the beginning of your past life script to ensure that you can create a smooth flow from one to another.

A transition script may not be required in each instance of class life regression. For instance if you are using a bridge technique to go to a past life, a transition script will not be needed.

If you are attempting a past life regression through meditation as well, a transition script will not be needed. It is designed primarily to be used within a hypnosis session.

Path, Bridge & Spirit Guide Visitation
Past Life Transition Script

By Rene A. Bastarache, CI

In just a moment you are going to step through a beautiful white light ... This is a warm, healing white light that makes you feel very cozy and happy ... and especially more relaxed than you could have ever expected you could be ... Now experience yourself moving through this white light ... Feeling anxious to see what's on the other side ... and as you pass through the light ... you find yourself out in the country on a beautiful sunny summer's day ... You are standing on a path, going through the forest and flowers ... such a happy colorful place ... It seemed just like the ones you read about in fairy tales ... perfect in every way ... As you walk down the path you notice that just up ahead is a small bridge, going over a babbling brook ... On the other side of the bridge, the path splits off into three different directions ... as you approach the bridge, you notice that someone is standing on it, blocking your path ... This person seems mysterious ... as he or she is wearing a long full length robe, and their head is covered with a hood ... You wonder who it is as you get closer ... It is a brown robe made from a very fine material ... you feel good about this person, and as you finally arrive, right in front of this guardian of the bridge ... and look into the hood ... you realize that you recognize this person ... and that they are here to help you ... to guide you through this journey, and protect you ... This person also has magical powers, and can cast a sphere of protection around you ... and as this person does that, you notice that it is a clear sphere ... in the shape of a large bubble ... You know that it will protect you throughout this journey to come, and will stay with you until you are back ... This person, your guide, reminds you that wherever you choose to go from here, you will be safe, and will not experience anything first hand ... instead it will be as if you are sitting somewhere, watching your journey unfold in front of you, like on a movie screen ... You thank them, and are finally allowed to pass ... As you approach the three paths, you notice three signs labeling each one... The one on the right says past ... the center one says present ... and the one on the left says future ... You decide to go to the one on the right, and proceed along your journey ... You notice up ahead that there are smaller paths going off of this main one on either side, each one seeming to disappear into a white blanket of fog ... You

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realize that each one of these paths represents a different life that you may have had ... You decide to walk down the path, until you feel one path is beckoning you ... or you just feel that you have a desire to go down one ... You choose that path, and enter the comfortable fog, realizing you are safe ... As you emerge on the other side of the fog, you find yourself in a past life ... Just feel for a few moments all the sensations around you ...

(At this point once your client nods, go to the questioning)

Sands of Time (*Beach*)
Past Life Transition Script

By Rene A. Bastarache, CI

I'd like you to imagine that directly in front of you is a door that will open up to an ocean scene. Imagine yourself opening the door and stepping through it. You are now outside on a beautiful summer's day.

Directly in front of you, you can see the beautiful blue ocean. Stretched out to the left and the right of you are long sandy beaches as far as the eye can see. You can feel the warmth of the sand on your feet. The sand feels very soft and comfortable to walk on.

These sands are the Sands of Time. If you were to walk on the beach to the right of you, you would be walking back in time to before you were born. To the left of you are the sands directing you to the future.

Right now I'd like you to imagine yourself walking to the right along the beach heading back in time. At no time will you experience anything negative. You will only experience positive, happy emotions and events as you are going back in time. As you continue to walk imagine yourself traveling back in time, away from your present life, a day at a time, a week at a time, a year at a time.

As you are walking on the beach imagine that a fog is moving in from the ocean and surrounding you. It is a comfortable white enjoyable fog. You notice however that you cannot see more than a foot or two ahead of you. Remember you are completely safe as you are walking and you notice that time seems to go faster and faster as you find yourself going back to your youth, your childhood and all the way to your infancy.

As you continue to walk through the fog you have traveled from the present time to before your birth. As you continue walking you will find that the fog will begin to dissipate and you will once again be able to see clearly. When this happens you will find that you are in the past life that you have been wanting to find for whatever reason you may have. So continue to walk and as soon as the fog clears nod your head for me so we may continue.

(At this point once your client nods, go to the questioning)

Past Life Transition Script *(Analytical)*
Past Life Transition Script

By Olga Ritvin, CHT

(The purpose is to confuse client as much as possible. Ask him questions about people and places – exact names, numbers and colors, demand all kind of details. Make him tired, weary, unable to resist.)

I'd like you to use your imagination. You will only experience positive experiences.

Imagine yourself on a train. You are sitting in a spacious compartment in a most comfortable chair.

There is a big window, and as train goes, you can enjoy the beautiful scenery outside.

What do you see now? ...

Now the train stops at the station. This is the city of your youth. What do you see outside? ...

Who came to meet you? ...

Do you recognize people? What are their names? Who are they to you? (One person at a time)...

You can talk to these people, if you want. You can wander on the streets of the city. Did it change a lot? ...

Now it is time to return to the train. As it moves, what do you see outside? ...

Next stop is a place of your childhood. Who came to meet you? Do you recognize people? What are their names? What do you remember about them?

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Do you recognize your friends? Classmates? Games? Toys? ...

Now it is time to continue your journey. You can see beautiful places behind the window. Cities, flowers, birds, pretty houses, like a fairy tale.

Now the train goes thru the horizon. You can see nothing but wonderful magic light. It is a very soft palaceous intriguing light.

Little by little, this light is dissipating. When everything clears out, you can see that the train stopped at the next station – your previous life.

Hall of Life Choices
Past Life Transition Script

By Rene A. Bastarache, CI

I'd like you to use your imagination right now. Imagine that you are standing at the beginning of a large hallway stretched out in front of you. At the end of the hallway you see what appears to be a shining white light. Curious about this light, you begin to walk down the hallway... with each step you take you feel yourself going back in time... and you will find that within this entire journey you are about to take, you'll be completely safe... you will feel wonderful and only have good images and experiences... as you continue to walk you're going back a week in time... a month in time... two months, three months... a year... two years... five years... back to your childhood ... even your infancy... as you're approaching this door of light that you can now see clearly at the end of the hallway... you realize that as soon as you step through the door of light... you will be traveling back through your birth... to the other side... completely safe and comfortable.

Go ahead and step through the light now... enjoy the feeling of this wonderful light energy surrounding you... as you step out on the other side... you are surprised to see another hallway ... this one stretches out as far as your eyes can see... on either side of the hallway are many doors... each one of these doors pertains to a past life that you may have had ...

In just a moment to have you began walking down the hallway... and as soon as you feel that there is a door that you would like to enter... just stop there for a moment ... stand in front of it without going in yet... and nod your head for me so I know you found it...

Go ahead now and begin walking... until you find a door that you feel is beckoning you... or one that you feel is drawing you to it for some reason... if you are not able to find one that is drawing you... you may choose anyone that happens to be there and see where it takes you... take your time and begin your walking now... and remember to nod your head once you found it...

In just a moment it will be time to open the door but I want you to understand that anything you experience, you will experience it as if you are sitting in a movie theater seat watching yourself on the large screen... at no time will you experience

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anything negative, emotional or stressful. You'll simply be an actor on the movie screen. If you understand that nod your head.

Good... not reach for the door handle, opened the door step in the room and close the door behind you... taking a few steps away from the door and take a few moments observe everything around you...

(At this time you would use the questioning portion of the past life regression script if it is a group session or begin interviewing your client if it is an individual session)

Past Life Transition Script (Problem)
Past Life Transition Script

By Janna Lerner, PLR

I'd like you to use your imagination. Imagine yourself in a big comfortable armchair. This is most comfortable armchair in the world.

There is a big screen in front of you – like in a movie theater. You can see little coffee table next to your armchair. There is remote control on this table. It is magical remote control. Once you punch a number, you'll see an episode from your own life – at that age - on the screen. For example, if you punch the number 10, you'll see yourself at age of 10. If you punch number 5, you'll see yourself at age of 5. You can punch 0 and see your own birth. Or you can punch the big red button and go to one of your previous lives.

You can see any moment of your life on the screen. Now, please, pick up remote control and punch number 20. What do you see? ...

Now, please, punch number 10. What do you see? ...

(If client came with specific problem, ask him/her to go to the time when this problem began, or when it was bothering him the most.

Or go to the happiest days of his life.

Or go the most important event – one that he would like to find explanation for.)

Now, please, have your question clear in your mind and punch the big red button.

Now you could see a time from your previous life that will help you to find the answer you are looking for.

What do you see now? Is the picture black and white or do you see colors? Is it 3-dimentional? Is there a sound?

Floating into the Past
Past Life Transition Script

By Doreen Marchetti, PLR

I would like you to use your imagination right now. Imagine you are walking down a path. A calm, peaceful path, surrounded by the safety of trees. You can hear the gentle sound of water up ahead. As you continue on the path, feeling the ground under your feet, you are anticipating reaching the water. You know that this water will be taking you where you want to go. You are very happy when you see the path lead you onto a sandy beach where you can now see the clear, calm water.

To the right of you is a solid, well made dock with hand railings. Right now I'd like you to go to the dock and walk towards the end of it holding onto the railing, completely safe and excitedly anticipating what will be waiting for you there. When you reach the end of the dock you see three boats tied up, just waiting to take you into the life time you came here to visit. The boat on the left represents a journey into the past, the boat in the middle represents this present lifetime, and the boat on the right represents a journey into the future. For this journey you will be stepping into the boat on the left, the boat to a past life.

So now, step into the boat on the left. As you do that you notice how well made and solid the boat feels under your feet. As you sit down on the comfortable cushion, you notice that the boat stays very still with no rocking even as you lean over to untie the boat.

You are now floating on the water, moving away from the dock. As you float away you are moving back in time, away from this life towards a past life. You float past your teen years, your childhood years, your toddler years, past the day you were born.

As you float along towards the past life that holds the answers you seek, you will know you are there when you feel your boat gently beach itself. When that

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happens, step out of the boat, back on to solid ground, in the past life you've been guided to visit and nod your head so I know you are there.

Stepping Stones
Past Life Transition Script

By Mark Keene, PLR

Close your eyes. Now take three deep breaths. One in ... out. Deeper this time in ... out. In and hold for three seconds ... Now out. Now I want to relax your total body and mind knowing that you will feel great and that you are in a safe place. We are going to start with the top of your head and move all the way down to your toes the tension will go out through them. Relax the top of your head ... Your forehead ... Your ears and eyes ... Your cheeks, nose and mouth ... Now your chin and jaw muscles ... All the muscles in your neck now... Your shoulders and upper arms now ... Your elbows now and your for arms wrists ... Now your hands and all the small muscles in your fingers and it feels great ... You feel so relaxed ... Now your chest and back muscles ... With each breath feeling more and more relaxed ... Now your stomach area and your lower back ... Your pelvic area ... Now your hips down to your thighs ... Your knees and calves plus the ankles ... All the way down to your toes ... All the stress's goes right out of your toes ... It feels great!

Now I want you to imagine that you see a path in front of you. There are twenty stones to walk on in the path. At the twentieth stone there is a door way that is filled with light. A bright beautiful blue radiant light. Now you start to walk on the stones. Twenty, Nineteen, eighteen, seventeen ... Feeling deeper relaxed with each step. Sixteen, Fifteen, fourteen. Relaxing more and more with each breath also ... Thirteen twelve eleven ... Feeling more and more relaxed with each number. Ten, nine, eight ... Just listening to my voice and if you hear outside noises that they are just the sounds of everyday life and that they won't bother you just make you more relaxed ... Seven , six, Five, knowing you are almost there ... Four, three, two ... and one...

You are now in the door way... Now step though the doorway ... Now imagine that you see a path in front of you ... Imagine walking down the path. As you head down the path you see that it splits three ways. There are three signs by each path. The one on the right says future life. The one in the middle says in this life. The one on the left says past life that you may have lived!

A Spirit Guided Head Start
Past Life Transition Script

By Anne Korosec, PLR

As you stand at the bottom of the staircase ... I want you to imagine a long, inviting hallway stretching out before you ... There is a luxurious, thick carpet under your feet ... The walls are painted a beautiful color ... You are pleased to see that it is your favorite color ... You notice many doors on the left and right leading down this inviting hallway ... You even notice another door at the far end of the hallway ... You instinctively know that that each door to the right will take you to a past life that you may have had ... and ... that each door to your left will take you to a future life that you may live ... You see a door at the far end of the hallway that leads to your present life ... You notice how very safe and comfortable that you feel at this moment ... at this place ... You understand ... you know ... that you will have only wonderful and positive experiences ahead of you.

Go ahead and allow yourself to start walking down this inviting corridor ... you are in control and completely safe ... you will decide which door to open and which room to enter ... As you walk down this beautiful corridor...you find yourself drawn to one of the doors on your right ... a door to a past life ... You feel happy ... almost euphoric ... as your hand reaches for the doorknob ... Go ahead and allow yourself to open the door ... and step inside the room.

You are amazed at how beautiful this room is ... There are so many interesting things to see ... Allow yourself to take it all in ... You may touch or pick up any objects that appeal to you ... As you examine the room and the many objects in it ... you notice a high back chair in the middle of the room ... the back of the chair is in front of you ... so, you cannot see who is sitting in the chair ... Instinctively ... you know ... that the seated figure in the chair is waiting for someone ... waiting, perhaps for you ... You feel that you may already know who is waiting ... You decide to walk around the chair to see who it may be ... You notice that the figure is wearing a shimmering hooded robe ... and this robe changes colors before your eyes ... All the colors of the rainbow are revealed to you in this beautiful robe ... As this figure pulls back the hood ... you feel an immediate sense of knowing ... and

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you are completely at ease ... The figure stands up and quickly and completely places a sphere of white protective light all around you ... above and below you...You know that this pure white light will protect you ... no matter where you choose to go...You know that you will be perfectly safe at all times ... You instinctively know that you will not experience anything first hand ... It will be as if you are viewing yourself on a movie screen ...You will be completely safe at all times ...

The figure motions for you to go to a door across from where you entered the room ... you excitedly go to the door ...turn the handle ... and push the door open ... You see a beautiful ...inviting ... white mist ... Realizing that you will be completely safe ... allow yourself to step through the door ... into the comfortable white mist ... You are excited to experience what is ahead ... and you walk through the mist and find yourself in a past life ... Take a few moments to just experience the sensations ... the sounds ... the smells ... and the sights around you ... nod if you can hear me ...

Movie Theatre Guides
Past Life Transition Script

By Joe Marchetti, CHT

I'd like you to imagine that in front of you is a door that will open up to the inside of a movie theatre ... Imagine yourself opening the door ... and stepping through it ... You are now inside the movie theatre ... As you look ahead you notice there is a person standing there in front of you ... You recognize this person ... and know that it is someone you trust and feel very safe with. This person is there to protect and guide you ... The only thing you have to do is choose the movie that you wish to view ... There are three movies to choose from ... a movie showing your past ..., one showing a movie of your present... and one showing the movie of your future ... You have chosen the movie of your past ...

Your guide now leads you through the door on the right ... The guide reminds you that what you are about to experience are events from your past ... Although they are true experiences that you have lived through ... they are only movies for your viewing ... you will be safe at all times ... only good can come from this experience ... you can choose any scene in this movie you wish ... as it contains many different past lives you may have had ... you can also choose a scene at random ... and let your intuition guide you to one of these lives that can give you some valuable information that will help you on your quest for knowledge ...

Your guide now hands you a very special remote control ... this will allow you to stop, pause, rewind, fast forward, zoom in and out, and rotate the picture on the screen in any direction ... as you now choose a scene from the movie of your past lives ... your guide leads you to a very comfortable chair and you relax ... and begin to see the events as they unfold ... as the images begin to appear on the screen...

GO TO QUESTIONING.

Awakening

By Rene A. Bastarache, CHI

In just a moment I am going to count to five ... and at the count of five you will come all the way back from hypnosis to the here and now ... feeling totally relaxed and comfortable.

1. You are beginning to emerge from hypnosis ...
2. Feeling wonderful in every way ...
3. Your mind is clear and alert ...
4. Your eyes are starting to open ... and ...
5. Eyes wide open, fully awake ... and feeling fine.

(Good Morning...)

Scripts and Session Preparation

Creating a Spirit Room

This script was originally created for helping abuse victims and others in need of a place to resort to so they could feel safe. It is a private room created by your client that no one knows about that they can go to any time they want simply by giving them a post hypnotic suggestion to take a deep breath and saying relax now as they exhale. Doing this is a form of self hypnosis for them too.

Throughout the years I have found this script helpful in the metaphysic arena too. It is a great starting point for any spiritual journeying and an ideal location to use for contacting spirits. It can be made to be a safe and secure place where they can comfortably conduct one of many different tasks. It is a room of meditation, prayer, rest and to relax from stress. It is something that I have used quite often in my own hypnosis practice.

Creating a Spirit Room (*Script*)

By Rene A. Bastarache, CHI

I'd like you to use your imagination right now, just imagine that you are in an empty space and you are going to create a beautiful, relaxing, peaceful room. This will be a room that you can resort to any time you like. A safe place that no one else knows about but you.

First of all, I would like you to create the most comfortable chair or piece of furniture that you can imagine. It can be something that you already own, or something you have seen in a store or on television, or maybe even something that you have created in your mind that doesn't even exist yet. Just create the most comfortable piece of furniture that you can think of whether it be a very plush recliner or even an overstuffed featherbed. Create it in your mind right now, see all the details of it, the color, the texture, even experience the smell of it. See it as clearly in your mind as possible. Now imagine yourself sitting or lying on this piece of furniture and relaxing completely as we continue our task.

Imagine the walls of this room. How big or how small would you like the room to be? What are the walls made of? Imagine that you have an open expense account that you never have to pay back so whatever you want to imagine, you can have. You can create anything you have ever seen or maybe even things that do not exist yet. The only limitation you have is that of your own imagination. So once again imagine the walls, are they painted? Are they made out of cement? Or plaster? Are they wooden or glass? Now I would like you to take a moment and imagine what you would like to have for a floor. What is the floor made of? Is it made of wood, cement, tiles, linoleum, sand or maybe even grass? Make it out of whatever you would like. It can also be whatever color you would like. Just see it clearly in your mind's eye. Now how about the ceiling? What is the ceiling made of? You can make it as fancy or as simple as you like. You can even put recessed lighting or even a chandelier if you care to. Create the ceiling now and make it look however you would like to. You have now created the complete parameters of your room. Look around now and see if there is anything else you would like to add to the parameters of your room before we continue, such as

windows, doors, skylights or any other permanent fixtures. Take a moment to finish any of these tasks.

Now it is time to put the other furnishings in the room. What other kind of furniture would you like to create in this room that would help it to be a very relaxing, comfortable place for you to be in? Go ahead and create now any other pieces of large furniture that you would like, maybe a bureau, or tables, a desk, vanity, maybe even an easel so you can do some art work. Whatever you would like to create, do it now and see it in as much detail as possible. Take your time and be creative ...

Now that you have created the larger furniture, create any smaller furnishings you would like to have in this room. You may want to create some lamps, knickknacks, books, maybe a small bookshelf. Create everything down to the smallest detail, even picture frames, figurines and personal items. Take a few moments now to create all the little things that will make this room comfortable and personal to you. All the things that make you happy, safe and secure.

Now look around at everything you have created in this room and commit it to memory. Look at every detail so that you can remember it at a moment's notice any time in the future. Also, remember that you can change this room anytime you like. You can add items, remove items or even change the main features of the room if it suits your liking. So take some time and remember this room as clearly as you can. Any time in the future that you desire to come back to this room you can do so and you'll return to being as relaxed, safe, and content as you are right now. All you need to do to come back to this room whenever you like, is to take a deep breath and as you relax, simply say to yourself "relax now". Immediately upon saying "relax now" you can allow yourself to return to this room. It is a safe place that no one else knows about but you, a place where you can come to when you are stressed and in the need to relax or unwind. You can also come here when you want to meditate, think, pray or need a place to simply be creative.

Another feature of this room is that whenever you are in this room you will always be completely safe from any harm. Nothing can harm you in this room as you are totally protected from all negative. This is also a great place that you can

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use as a starting point in many metaphysical practices if you choose to. For example, you can invite the spirit of anyone you like to come into this room and visit you, and they will do so. This is your special private place away from the world.

A Complete *(simple)* Session

By Rene A. Bastarache, CHI

(Induction)

Close your eyes and relax. Take a deep breath ... and exhale ... and take a second deep breath ... and exhale and on you third deep breath, hold it for about three seconds ... and exhale and relax.

I'm going to have you relax, every part of your body starting from the top of your head all the way down to the bottom of your feet. And as you relax each part of your body, I'd like you to use your imagination to visualize ... and even feel ... each part of your body relax and let go completely ... starting with the top of your head ... your scalp and your forehead...your eyebrows and your eyelids ... and feel that relaxation going down through your cheeks and your nose...relax your mouth and especially all those muscles around your mouth and lips ... make sure your teeth are not clenched together ... and just relax ... relax your chin and your jaw ... and allow all of those muscles in your face to just let go ... and your neck relaxes ... starting with the front part of your neck ... and the back part of your neck ... all the way down to your shoulders ... just feel your shoulders relax completely ... get rid of any tension that might be in your shoulder area ... it should feel good to do that ... and your arms relax ... starting with your upper arms ... going down to your elbows ... relax your wrists ... your hands ... and even the fingers relax and let go ... And notice how deep and regular your breathing has become ... just so much more than just a few moments ago, when we began ... feel your breathing ... feel the rhythm of your breathing ... notice the contraction and expansion of your diaphragm and your chest ... and allow your chest muscles to relax completely ... all the way down to your stomach... just feel your stomach muscles relaxing and letting go ... get rid of any tension that might be in that area ... just allow everything to let go completely ... and your back muscles relax ... those larger muscles in the upper part of your back ... going down your spinal column ... and into your lower back ... and allow all those smaller muscles in the lower part of your back to relax as well ... and your hips relax ... and especially your legs ... starting with your thighs ... your knees ... and

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feel that relaxation going down into your calves ... and your ankles ... relax your feet ... and even your toes just relax completely ... as you begin to drift into a deep relaxed state ... just letting yourself go ... letting your mind and body become one ... just feeling so good ...

(Deepener)

In just a moment I'm going to count from 20 down to 1 ... And as I say each number I'd like you to imagine the number, think about it and quietly spell the number to yourself which will help you to deepen your own relaxation allowing you to relax at your own pace.

So lets begin with 20 as you spell it ... t-w-e-n-t-y ... 19 ... n-i-n-e-t-e-e-n ... 18 ... All the way down deep... 17... 16... deeper and deeper ... 15 ... keep on spelling the numbers to yourself quietly ... 14... just let yourself go... 13... 12 ... give yourself the permission that this is what you want to do ... 11 ... 10... allow yourself to just to let go ... 9 ... 8 ... deeper and deeper ... 7 ... 6 ... all the way down deep ... 5 ... 4 ... tired and drowsy ... 3 ... 2 ... so very relaxed ... and finally ... 1 ... Deep ... deep ... relaxation.

(Insert past life regression transition script)

(Insert Past Life Regression Session Here)

(Awakening)

In just a moment I am going to count to five ... and at the count of five you will come all the way back from hypnosis to the here and now ... feeling totally relaxed and comfortable.

1. You are beginning to emerge from hypnosis ...
2. Feeling wonderful in every way ...
3. Your mind is clear and alert ...
4. Your eyes are starting to open ... and ...
5. Eyes wide open, fully awake ... and feeling fine.

Past life Questions that can be Asked

In conducting a past life regression session with a group you will be able to read from a prepared script as all of the clients will be answering their own questions individually to themselves and remembering the answers to discuss after the session is over. Since there is no interaction in a group session you can read from a script. There is no need for deviation.

In conducting an individual regression session you will be unsure of the answers you will receive from the questions asked. Once you receive the answer you will be on your own to choosing the next question in accordance to their previous answer. In other words there is no prepared script that you can use as everyone's answers will be different.

Here's a list of questions that you may ask to be used as a guide during an individual session. You may use whichever questions are appropriate while you are in the process of guiding the session to uncover the answers that the client had discussed with you previously. Consider yourself a form of detective with the purpose of uncovering your client's mystery.

Questions:

Look down at your feet if you have any, what kind of footwear are you wearing? Are you wearing shoes, sandals or nothing at all?

What kind of clothing are you wearing?

Look at your hands, describes them.

What do you look like? Imagine you can see yourself in a mirror.

Is it daytime or nighttime?

Are you inside or outside?

Is it warm or is it cold?

What is the current date? What year is it?
Where are you? What country, city or locale?

Observe everything around you, describe your surroundings.

Are there any plants, trees, buildings or even people around you?

Imagine yourself standing in front of your current dwelling. Describe it.

Imagine that you are in the local meeting place where others of your kind congregate. Describe the meeting place, what you can observe and the people.

Do you recognize anyone? (If yes, have some elaborate)

You can move forward or backward in time as needed.

Advanced discovering:

At this point you can leave your client into exploring whatever the purpose for the session was.

You can guide them through this process or allow them to explore anything of significance that they choose and understand how it correlates to your present life. Be sure that they are vocal while they are doing this process so you can record the results and continue to guide them deeper.

Questions in a Complete Script for Groups

These questions would be inserted in a group session directly after the past life transition script.

Past Life Regression Script
3 Stages

By Rene A. Bastarache, CI

I will be asking the questions, to help you with your journey, and the first thought, or impression that comes to mind is the right one ... Don't try to analyze it or think critically of it, just let it happen ... So get an idea of where you are now, your surroundings ... Take in all the feelings, the sensations ... First of all, where do you think you are right now ... Is it light or is it dark ... Is it cold or warm ... Do you think you are indoors or outdoors.... Once again remembering the first impression that comes to you is the right one ... Get a feel for yourself, does it seem as though you have anything on your feet ... If so what is the texture like ... what do you think you are wearing ... What about clothing, if you have clothing on, describe them as much as you can ... How tall are you? ... How old do you think you are? ... Are you male or female? ... What color is your hair if you have any? ... your eyes? ... What are you noticing around you? ... Are there any landmarks or things that would give you an idea of where you are? ... or maybe even what year it is ... Describe your surroundings to yourself in detail ... If you are outdoors ... what's there? ... What can you see? ... If you can't see much, then walk a little ways to see if you can see more there ... If you are indoors, describe everything you see ... If there is not enough for you to get an idea where you are, then walk over to a window or an opening, somewhere where you can see outside ... Is there anyone there with you? ... What do they look like? ... Describe them ... Who are they? ...

Now take a deep breath ... and as deep as you can, and as you exhale just relax completely ... I want you to feel yourself going ahead a few years now in the same life if you can, alright now stop ... and wherever you are, get a good feeling for yourself and your surroundings again, and answer to yourself the same kind of questions that I asked you earlier ... First of all, where are you now? ... Is it dark or light? ... Is it cold or warm? ... Do you think you are indoors or outdoors? ... Get a feel for yourself ... Does it seem like you have anything on your feet? ... What do you think you are wearing? ... How about clothing, describe them as much as you can ... How tall are you? ... How old do you think you are? ... What color is your hair? ... Your eyes? ... Who are you? ... What do you think your purpose is? ...

What is your name?... What do people address you by? ... What are you noticing around you, are there any landmarks or things that would give you an idea where you are? ... Or maybe what year it is? ... Where do you live? ... Imagine your dwelling right in front of you ... What does it look like? ... Describe your surroundings to yourself in detail right now ... If you can't see that much, again take a little walk to see if you can see more ... If you are indoors, describe everything there ... You may even want to walk to a window or an opening to see what is outside ... Is there anyone here with you? ... What do they look like? ... Who are they? ... Describe their face ... Their mouth, hair, eyes ... Look deeply into their eyes ... Do they remind you of someone you might know? ... Who are they in relationship to you? ...

Once again take a deep breath ... as deep as you can ... and exhale and relax ... I want you to move ahead again, just feel yourself moving ahead in time ... and I want you to stop approximately a few minutes just before your death scene ... Whatever you died of ... remember you will be viewing this as if you are sitting someplace comfortable, watching yourself on a movie screen, so you will feel no discomfort, or pain, or anything negative whatsoever ... You will just be watching it on a screen ... So bring yourself now to just a few minutes before your death scene ... Get a feeling for what's going on around you ... Sensations, sounds, smells ... What do you see? ... Where are you? ... Is there anybody there with you? ... If so who are they? ... What kinds of things are they saying? ... What are you dying of? ... Describe yourself wherever you are ... What do you think is wrong? ... What kind of thoughts are going through your head right now? ... Feelings? ... Is there anyone close to you nearby, relative, loved one? ... Who is it? ... Once again describe their face to yourself, look deeply into their eyes ... Do you recognize them as anybody you might know in your present life? ... Do you have any regrets, anything that you feel you might have wanted to do differently? ... Are there any nice things, or things you'd like to remember, or bring back with you? ... Reflect on your life ... Is there any lessons you can learn, or is there a "moral" to the life? ...

Take a deep breath ... and exhale ... and imagine a large door of light right in front of you ... warm, comfortable, inviting light ... Go ahead and step through the light now leaving that life behind ... As you step through the light, you are coming

to a comfortable, relaxing, wonderful place ... If there are any memories you want to keep from this past life ... Any good things, you can take them with you ... If you have any negative thoughts or feeling or any negative baggage from your present life ... you can leave it back there, you don't need it ... Bad thoughts, anger, hatred whatever it might be, just throw it in that past life and leave it there before you come back ... You turn away with your back to the light and you see that path in front of you once again you came down initially, and you go back down that path heading back to the present time and place ... walking down the path going back to the bridge ... at the top of the bridge you see your guardian back there... Walk up to guardian ...you can take a few moments if you'd like to speak to your guardian ... to ask any questions ... to learn from your guardian ... or even to reflect on some of the circumstances and things that you experienced from this past life ... take a few moments now to speak to your guardian *(Pause for about 1 1/2 minutes)* ... At this time you can say goodbye to guardian ... and thank them for helping you and protecting you, throughout this journey ... As you go back down the path through that other door of light ... that you initially came through ... walking through the door of light, you come out on the other side ... and you feel yourself coming back to the present day and time, seeing the calendar moving back a day at a time, a month at a time, a year at a time, five years at a time, all the way to the present date ... The calendar slows down, and you find yourself right back ... To today's date and time... Right back here feeling wonderful and refreshed from the journey.

Creating your own

What are the two main things you would like to learn from Past Life Regression?

1. _____

2. _____

Demonstration *(Notes)*

This demonstration / note section is to be used for your notes while you're hypnotizing others. When being hypnotized you would use your journal pages so you can track your journeys.

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Life Between Lives (*Familiarization only*)

Life Between Lives is a the state in the afterlife between incarnations. It is a place of rest, relaxation and reflection. It must be obtained in a deeper state than past life regression. The success of Life Between Life hypnosis lies in part in the length of the session and the depth of the hypnotic state. Sessions typically last between three and four hours, sometimes longer. This is why life between lives is only attempted after a complete past life regression session has been conducted. The past life session is a form of conditioning tool that will prepare the client as well as bring him through the Theta brain wave state and ultimately to the Delta state.

Many spiritualists believe this Life Between Life stage to be the ultimate location is virtual travel. Others know it as "home".

Within this relaxed state you are able to experience your true home. You are able to learn the reason why you chose the body and life that you now have. Why you chose to be in the family that you chose to be with. Answering questions such as your spiritual or soul name, connection with your soul group and whether you know them in your current life, connection with any possible specialty groups, who current family members are in your soul life as well as getting answers to the age-old questions of: "Who am I?" "Why am I here?" and "Where do I come from?"

A major benefit of life between life attainment is to be able to have direct contact with your spirit guides and teachers. This is a way to receive guidance and knowledge to assist you in your present life as well is to understand the connections of your past lives.

It is a place of:

Reflection
Super conscious – Universal awakening
Discovering Destiny
Finding the pieces to your puzzle
Learning

Preparing for a Session

Before you attend a session you should spend some time contemplating exactly what it is you want to learn. Have your client take some time to do a bit of homework and praying this list of information to you before a session begins so you can review it and discuss it with your client.

They she create a list of the important, key people in both their present and past lives. This is a list of the people that are important to them such as family members, friends, teachers, coworkers, mentors, relationships, children and spouses. This list should also include names of anyone who affected or helped to shape their life in a significant manner both positively or negatively. Create a write up next to each person as to how they affected your life. Also ready few words about the character of each one. Be brief but to the point when creating the sheet so it can be read easily and understood by the therapist.

You should also have a list of questions that you would like to have answered during the life between life session.

Keep in mind that due to the long length of this type of a session that it should not be taken lightly. The average Life Between Life session usually

runs as we mentioned earlier between three to four hours and costs upwards to \$400-\$500 per session.

Conducting the Session

Be sure to have taken the time to interview client, that they have done their homework mentioned in the *preparing for a session* section and are prepared to be with you for a while.

You would initially begin by conducting a Past Life Regression session. Take your time and ensure that it is a long session utilizing a long induction and possibly even several deepeners. The key here is to ensure that your client is relaxed, is responding well to the past life regression session and has progressed to a deeper brain wave state than normal. Preferably the Delta state.

Once you have gotten to this point he was then take them from the past life, experiencing their death scene and eventually crossing over to the other side. (The between life state) Once there you would begin asking them questions you had prepared prior. Take your time and go through all the questions that they had given them time to exhaust their answers and experience as much as possible.

If for some reason you are not able to get your client in a deep enough brain wave state that the past life regression session is not going well, you may have to postpone the session for another time. The theory here is if you have not been able to bring your client into the Alpha and then the Theta brain wave state, you will certainly not be able to bring them into the Delta state. It is a progressive process in which stages cannot be jumped.

In this case you may want to schedule one or two more past life regression sessions as a way of conditioning your client to be able to react well in the past life session and to be able to attain the deeper brain wave states.

Of course before abandoning the session you should certainly try more deepeners and possibly even an instant induction to see if you can attain the deeper level while they are there.

In some cases you may just not be able to do it. Not that the client is not able to attain the deeper brain wave state but simply because it may be something bothering some of some form of hindrance at that specific time. These hindrances could include anything from exhaustion, stress, pain or worry occurring from their present situation.

Present Life Progression (*Familiarization*)

It's amazing how many people do not understand or cannot accept the process of present life progression however they believed in psychic readings in the use of divination tools. They are basically the same thing.

Traveling to the future with present life progression is a form of divination in which you are able to go ahead and see how things will work out in your life. It can be used as a gauge for success. An example would be if you're working on an important project that is going to be taking a few years to complete and would like to see the results, you may travel ahead in time to see how things have resulted. If you liked the way things have worked out you should remain on your present path. However the beauty of this tool is that if you do not like the way things will work out you always have the opportunity of changing your present path which will in turn change your future.

Can Fate be changed?

Nothing is cast in concrete. Even with this I psychic reading, if you don't like what the psychic has told you that is going to happen, simply change your present path and it will not happen. You always have the choice to change your direction anytime you wish. Knowing this, yes they can be changed.

Timeless Time

The only place where time exists as we know it is in mortality. In mortality there is a beginning, a progression and an ending to everything. In this

virtual world there is no time. If there is no time then that would mean that the past, present and future are all the same. Therefore if we can go back in time to a past life, we can also go ahead in time to a future life. In quantum physics they have determined through mathematical equations that there are even parallel worlds, but we will leave that discussion for another time.

Basically, as you can see, in this spiritual world of unlimited possibilities, of imagination, anything is possible.

Something to think about - Recently, Raluca and I had gone for a walk when we began having a discussion about past lives and spiritual time travel in general. We spoke about how so many past lives that we have heard before were so interesting and how life seemed to be so much simpler in the past than it is now. I told her that I was not excited about the prospect of my next life due to the state the world is in right now. Then suddenly it came to me, in my next life I want to go back in time and become an American Indian before the settlers came to America. I realize that my desires have nothing to do with where I'm going next but it was an interesting conversation.

If there is no such thing as time in the spiritual world to you think this would be possible? Think about it.

How to Travel Forward

Future travel would be conducted utilizing the same format as the kids not a past life regression but heading in the opposite direction. You would begin utilizing the same hypnosis format:

Induction

Depth test

Deepener

Transition script - "Bridge & Spirit Guide Visitation" if you choose or you may create your own transition.

Future Script - this would have to be designed according to exactly what you are seeking after. Take a moment to speak your client to find out what it is they are looking for.

Awakening

If you use the transition script, "Path, Bridge & Spirit Guide Visitation" you will have an outline that will bring you to the point where you'll be able to travel to the future in this life.

Once you have traveled over the bridge you will find yourself faced with three paths. The path to the right goes to the past, the path to the left goes your future and the path to the Center continues in your present life. When you get to this point simply continue on the center path and go ahead as far as you would like.

Back to the Future - Future Life Progression (Familiarization)

Where would you go in your future life? How will your present Karma affect your future? Is there anything you should change in this life in regards to your, that can help you in your future?

The process of going to a future life is very similar to going to the past. In fact two of the transition script you have in this manual are designed for future life travel as well. An example would be, in your "Sands of Time Script" you are told that he sands to the right of you go to the past however the sands on the left if you go to the future. All you would do is use the exact same script that you would for past life regression however when you get to the point of being on the beach you would take a left instead of a right. From this point you would guide your client with similar questions as you did in the past life regression however they would be geared towards a future life instead.

You also have the same option and the "Path, Bridge & Spirit Guide Visitation" transition script. Once you have traveled over the bridge you will find yourself faced with three paths. The path to the right goes to the past, the path to the center continues in your present life and the path to the left goes to your future lives. When you get to this point simply go to the left.

Business Aspects

Below is a brief format and the presentation that you would utilize to conduct a group presentation for a past life regression. For more information and ideas go to your clinical hypnosis manual under the "miscellaneous" chapter.

Group Sessions

Presentation

Introduction - Give your credentials and describe why they are there.

Finger Gun - A great ice breaker (*In Clinical Hypnosis Manual*)

Orientation - Give a brief description on group hypnosis and how it works.

You may want to conduct a couple suggestibility tests with the group as a way to show what can be done, to amaze them and build expectancy. My favorites are to conduct the

Finger test (*In Clinical Hypnosis Manual*)
... first, then the ...

Arms rising and falling test (*In Clinical Hypnosis Manual*)

... I keep my eye on the audience to see who reacts the best. I choose the most suggestible person I see and invite them to come forward to the front of the room and then conduct a ...

Session - Begin the session -

Explain to them that the best way to sit is with their feet flat on the floor with their hands resting on their lap.

Start the background music and from this point you just have to read the scripts. That simple...

Here is what I would use to begin with ... Once you get comfortable, you may substitute and create your own.

Progressive Relaxation

Elevator Deepener

Past Life Regression Transition Script

Past Life Regression Script

Awakening

Interviews - This is the most interesting part of the session. Give each person a moment to describe what the experience and past life regression. It was a large group, only pick the select ones who appear to have experienced the most.

Closing remarks - Congratulate them, thank them for attending, and be sure to mention your items for sale at the reception table.

Individual Sessions

Earlier in this manual you have the complete format for conducting an Individual Session. It is important that you do a Preliminary Session before the hypnosis session begins. To find the detailed format on the parliamentary session go to your Clinical Hypnosis Manual where you'll find a complete breakdown in Chapter 13 titled "Building a Complete Session"

Also in Chapter 13 of your Clinical Hypnosis Manual you'll find an *Intake worksheet* that you will use to gather information on a client as well as a *Post Session Report Form* that can be used to collect information afterwards.

How to Conduct Lucrative Telephone Sessions

Another option that may be viable for you especially if you live in a location where there is not much population is to conduct telephone sessions.

Telephone sessions are conducted identically to an individual session however rather than sitting beside your client they are on the other end of a telephone. The obvious drawback for telephone sessions is that you cannot see your client's reactions. Occasionally during your induction process you may have to ask your client a question or questions to ensure that they are still listening and have not fallen asleep such as, "If you can hear me, say yes."

The good thing about it is that when your clients begin telling you what you are experiencing throughout their journeys over the telephone you will not have to interrupt them to find out if they

are sleeping as they are presently speaking to you. You may on occasion have too asked them to speak louder if you are not able to hear them.

In order to conduct a telephone sessions you will still need to do a preliminary session with your client over the phone to find out exactly what it is they are searching for and to get their basic information.

They will need to know in advance before the session begins what they will need to have ready for the session. Here is a list of the basic requirements.

*They will need to have paid their sessions see in advance. (*We require 48 hours prior*)

* They will need to find a comfortable place to sit where they can remain without being interrupted for approximately 60 to 90 minutes.

*We require that they have a headphone that they can plug into their cell phone or landline to listen to the session. The advantage of a headphone is that they can hear you better without the interruptions from the room and you will be able to hear them better especially since most of the session that will be speaking very softly. Another disadvantage of using a telephone or cell phone directly is that once the client becomes extremely relaxed the telephone may slip from their shoulder onto the floor.

*If they have any pets in the room they must be put outside of the room where there will not be a hindrance.

*We inform the client that if we lose connection with them that we will call right back to continue the session. If we lose connection a second time and it is due to their faulty equipment they will be charged for the entire session and we will not call back a second time. If it is due to our equipment and he cannot be corrected immediately we will reschedule.

Teaching Adult Education

Many cities and towns to what the United States offer Adult Education or continuing education classes. These are sometimes sponsored by local high schools, colleges or other organizations. Contact your local continuing education sponsor and ask them if you would be old to teach two or three group classes on past life regression.

The advantage of teaching for continuing education organizations is that many of the students you will have in class may come to your office for individual sessions at a later date.

Another advantage is that these organizations usually have a very large mailing list and will advertise your service throughout their entire area which is usually one to two cities. This alone makes the entire process worth it as this type of advertising would be very expensive if you would do it yourself. Being in a manual with many other type of courses gives you credibility that he would not get just advertising in a local newspaper on your own.

The final advantage is that these organizations will also pay you for teaching your class. You

usually have an option of taking a flat hourly fee or a commission on the amount of students that attend.

These classes would be conducted exactly as he would conduct the group format mentioned earlier in this manual. The only difference is at the beginning of the class is a good idea to go around to each student and asked them to introduce themselves, tell a little bit about their background, why they came to your class and what they expect to find. Be sure to take the time to go through each attendant at the end of the session so they can tell everyone what they had experienced.

Weekly Workshops

Still sponsored workshops can be very lucrative business opportunity for you as well. This is a simple process where you would simply rent a large room from a hotel conference center, school classroom or even a hall from a fraternal organization in your area.

Then you would simply place an ad in the local newspaper, radio and or even television community bulletin board, which ever you think would work best in your area.

This is a form of impulse buy type items so you would only advertise three to four days at most before the event. The excitement of trying something new and intriguing will attract the client's however having them wait too long by advertising a week or two in advance often times make some change their mind.

When placing my ads in the newspaper I usually do not include a telephone number to add

to the impulse buy. I was simply put something to the effect of:

Past Life Regression Workshop
Who Were You?
You are invited to find out
Only \$49.00

Sunday, May 13th, 7-9 p.m.
Sheraton Tara Hotel,
Main Mall Road, S. Portland, ME

This ad is simple and to the point. If you want to place a picture beside or behind the ad it would be even more effective. Remember a picture is worth a thousand words and often grabs people's attention before words do. I have often used the picture of a pyramid which has been effective for me.

Marketing

In the package materials you are receiving with this course courtesy of your one year's free membership with the American International Association you have two marvelous marketing manuals:

- 1. Triple your Clients in 30 Days***
- 2. Build a Top Ranked Webpage in 60 Days***

If you follow the advice and information outlined in these manuals you will find that you can figure business up and running in a very short time. Referred to these marketing manuals frequently and you will be a success.

Business Operation

Videotaping and recording devices

Use of videotaping and recording devices can be very advantageous to use with your clients especially in the areas of life between lives and future life progression which both require your client being in a deeper brainwave state. Remember once a client has entered the Theta brainwave state that they will most likely not remember anything that occurred within the session. By watching the videotape or listening to the audio tape afterwards they will be able to make sense of their journey and put it to good use.

Whenever using a recording device with a client be sure that they are aware of it and you have their permission.

Prevention and Care of Abreaction

Abreaction is a psychoanalytical term for reliving an experience in order to purge it of its emotional excesses. Sometimes it is a method of becoming conscious of repressed traumatic events.

You can prevent these abreactions within your sessions by remembering to keep your clients in pseudo-regression rather than true. Remember that if pseudo-regression your clients are experiencing the session as if they are sitting in a movie theater watching themselves on the screen.

If you find that your clients are experiencing this abreaction, in a calm manner simply remind them to go back to that movie theater watching themselves on the screen. You must keep reminding them to remain detached. It is interesting to note that in an average session and clients can keep popping back and forth from pseudo to true regression and unlimited amount of times depending on your wording within the session. Be aware that this can happen and alert for it.

Ethical Behavior

We require that all of our certified practitioners are familiar with and integrate with our code of ethics before they will be issued any form of certification.

A. I. A. Code of Ethics

We require our members to become familiar with and conform to the following code of ethics. All members will be held accountable for any violations and may also be grounds for termination from association membership.

I - I will become aware of the specific rules within the state, province or area in which I am going to practice before I begin, and conform to such rules and practices.

II - I will dedicate myself to providing competent services with compassion within my scope of practice training, knowledge and experience.

III - I shall represent myself with a standard of professionalism and be honest in all professional interactions.

IV - I will respect the rights of patients, colleagues, and other health professionals, and shall safeguard patient confidences and privacy within the constraints of the law.

V - I will continue to study, apply, and advance my knowledge in the area of hypnotherapy and related fields in order to become more proficient and better serve my clients.

VI - When a clients requirements are beyond my scope of practice, I will notify them of such and refer them to a practitioner with qualifications in the specific area if available.

VII - If I find that a client may be in need of mental health work or evaluation and I am not qualified in such fields, I will refer them to a qualified mental health worker and shall postpone my services until such treatment has been completed or their mental health practitioner has given me a written referral of such.

VIII - I shall not misrepresent myself or my services in any way while advertising.
I shall not make promises or claims of results in order to increase interest that are false in my advertisements.

IX - I shall not slander, misrepresent or make comparisons in a negative manner towards my competition, fellow members or the A.I.A.

X - I shall uphold these standards of professionalism, be honest in my interactions and strive to report any violations of such if should they become apparent.

A.I.A. Association Bylaws

(School copy)

We are an association of Hypnotherapy professionals dedicated to helping each other to grow and advance the field of hypnosis. We require all members of our association to agree with and conform to all the articles stated below in order be part of our association.

PURPOSE: An association network at your disposal where you can:

Call for help or advice for sessions, information and advertising.

A national referral database where you can refer clients to and receive referrals from.

A place where you can share information in your areas of specialty.

Receive added credibility through referrals and association.

I - I am willing to adhere to all articles of the A.S.H. Code of Ethics.

II - I agree to assist and promote members to the best of my ability in a professional manner when I am called upon for assistance or advice as well as in all dealings with association members or A.I.A. officials.

III - If I am called by a client or member for a referral I will respond in a positive manner giving the most accurate information I can. If I am unable to assist I will refer them to someone who can or to the A.S.H. main office.

IV - I will refer clients not in my area or in need of services to an associate office if one is in the appropriate area.

Signature

Date

Printed name

AMERICAN INTERNATIONAL ASSOCIATION (Registration)

PAST LIFE REGRESSION, Certification Training Manual

NAME:

(Your name should appear exactly as you would like to have it on your certificate.)

ADDRESS:

(Mailing address where we should send materials to when required.)

CITY: _____ STATE: _____ ZIP: _____

TEL: (office) _____ (home) _____ (cell) _____

EMAIL: _____ WEB PAGE: _____

OCCUPATION: _____ I am over 18 years old (yes) ____ (no) ____

EDUCATION: HIGH SCHOOL: _____ COLLEGE: _____

DEGREE:

COLLEGE ATTENDED:

PURPOSE FOR TAKING COURSE:

Include in this box what information you would like to have listed online:

FINAL TEST SCORE: _____ TEST DATE: _____

The American International Association

Rene A. Bastarache CI.

(215) 586-1818

admin@choosehypnosis.com

www.choosehypnosis.com

ASSIGNMENTS

(Member copy)

All assignments must be turned in on or before last day of class. Certification will not be awarded until assignments are completed and turned in.

Please take your time and double check your assignments for grammar and content.

1. Create 1 scripts on any title you prefer full past, present or future life travel. (Originals)
You are encouraged to write about a title that you are interested in. Keep in mind that new students in future classes will have the opportunity of using these in their practices.

(Please create your assignment on a computer and email them in Word or Works format to: admin@choosehypnosis.com) If you do not have those formats simply enter your script in the body of the e-mail

2. Read the entire training manual.

* All assignments and materials handed in, photographs or videos taken during class become property of the American School of Hypnosis and may be used for advertising, training or promotional purposes.

I understand the individual assignments and that they are required as a prerequisite to graduation of this course. It is my responsibility to report or send in final results to the ASH.

(Signature)

(Printed name)

(Date)