

Welcome

Module 10

Aims of Today

- Introduction to Past Life Regression
- Practice Past Life Regression

Learning Outcomes for Module 10

- Gain an understanding of Quantum Physics and how it may relate to therapy
- An understanding of the theory and practice of 'Past Lives' & 'Past Life' Regression.
- Learn about 'The Tunnel Test' and when to use it.

Metaphysical Hypnosis & Hypnotherapy

- This is a branch of hypnosis and hypnotherapy dealing with subjects that fall outside of the **normal physical sciences**.
- The word '**Metaphysics**' comes from Greek and means '**After Physics**'. originally coined to describe the next set of books written by Aristotle, after his Physics books. It is believed that this was mistranslated to mean '**Beyond the physical**' and that interpretation and use of the word has remained today.
- Topics you may encounter that come under the category of metaphysics:
 - **Past Lives and Past Life Regression.**
 - **The Law of Attraction**
 - **Certain Guided Meditations**
 - **Connecting to your 'Higher Self'**

Past Life Regression – Background Theory

Whatever your **personal belief system**, it is important to respect the belief system of your client; therefore, a good **understanding of these phenomena** is essential so that you can handle a session with confidence, should the need arise.

Fascinating experience – **but are the results genuine?**

1. **Complete imagination**, made up by the wishes of the participant.
2. **Created by the mind**, as a **psychological, symbolic representation of the inner thoughts, feelings and issues** of the participant;
3. **Completely Genuine Past Life Experience.**

It is very difficult to know for certain and based on experience it seems to suggest that **all 3 are possible**, depending upon the person concerned and the state of mind before and during the regression experience.

WHERE DOES THE INFORMATION COME FROM?

- Different points of view on this, but commonly it seems to suggest that the **Past Life information** either comes from our **unconscious/subconscious** and has been there all along if only we decided to take a look; or it is stored in the equivalent of a **cosmic library** that we can access.
- One basic premise is that after death our consciousness **takes all the memories and information** with us into the **next life**, and these memories and experiences remain hidden from our consciousness unless we go looking for them, and they can be **triggered** or set off in some way.
- This may explain why we **feel or experience** certain things that do not seem to make sense to us consciously – we are **unconsciously reacting** to thoughts and ideas in our unconscious but feeling the effect in our everyday awareness.
- When we undergo **Past Life Regression**, we can tap into those **hidden memories** – that information brought forward from the previous lives – and bring it into our conscious mind to help us understand why we **think, feel and act** the way we do, and can also help us **break free of old feelings and limiting behaviours**, through the process of **abreaction** – the same as a ‘this life’ memory.

'PAST 'LIVES OR 'OTHER 'LIVES?

- Another way of thinking, which may involve a **big stretch of the imagination** for some people but does also explain a lot of the paradoxes that can't be explained by traditional ideas
- This is based around the idea that there is no such thing as a 'Past Life' – only '**Other 'lives.**
- The traditional view implies that we live a life on earth – then we die and leave our bodies – and at some point, are reborn again, into a new life, with a new body and whole new set of experiences.
- Many people believe that we jump straight from the death of one body to be immediately born into the next with no gaps in between
- Others believe that there is a period of **learning, growth and evaluation** between lives and that we are only born into the next life when we are ready and when we choose to do so – choosing our parents and circumstances beforehand as well.
- This all implies a **continuous timeline**, with one life **following the next in a nice, orderly manner.** *"I must have done something bad in a past life", etc., = KARMA*

Past..... Present..... Future

OTHER IDEAS

- Many physicists and philosophers agree that, outside of the space-time continuum, there is no such thing as time.
- Which means that if you do jump into that **gap between lives**, **time does not exist**, so those lifetimes cannot flow one after the other... they are all existing at the same time.
- Which means all of your Past Lives are still happening... right now.
- Which means we may have to think differently about what happens during a past life regression ...
- Thinking along these lines, it is entirely possible that your **next life** could be **200 years in the past.**

THE BICYCLE WHEEL OF LIVES

- To make it easier to understand, think of a **bicycle wheel** with '**YOU –**' your **whole self** – at the **centre**.
- Travel down **one of the spokes**, and at the end you could be in your **present life**, as you are right now.
- Travel down a **different spoke**, and you could be going **500 years in the past**.
- Travel down a **different spoke** again and you could be tapping into what is **200 years in your future**.
- From the **centre of that wheel**, you could go to any place and any time – depending upon what you next **needed or wanted to experience**
- In a **genuine Past Life Regression**, we could be travelling to the centre of that wheel and down another spoke to peek in on one of our other lifetimes.
- when we begin a '**Past Life Regression**' it's as if we **turn the receiver on to consciously receive it**.

Andrew's Experience

- Andrew told the story of how many years ago, he had a **Past Life Regression** where I was a knight in armour, battling away for no good reason. He suddenly came to his senses in the middle of the battlefield, and lowered his sword and shield, and allowed himself to meet his demise.
- About a year before that Past Life Regression, he was daydreaming about where some of his emotions were coming from, and he saw 'himself' on a battlefield, fighting away in the middle of a huge and bloody skirmish. In his mind he sent a strong, powerful and very loving thought that it was time to end the struggle. It was time to give up the fight and go home. As he pictured this in his mind he saw 'himself' lower his weapons and just stop and look around the battlefield, as if suddenly becoming detached from it. Then it disappeared – and I thought no more about it until one year later when I had the full experience described above.
- Could it be that it was him now, tapping into that lifetime, that sent a message to that **misguided self to 'wake up' and stop the fighting?** Could it be that one year later in this life, I then experienced the effect of that in a **Past Life Regression** – which then set me free in this life?
- If the past is dead and finished, this cannot be. But if all time is simultaneous and the past is open-ended – then this makes perfect sense and can also explain many occurrences of a psychic or intuitive nature.

TO SUMMARISE ...

If all time is simultaneous, the past may be still occurring.

If we do have 'Past' Lives they may still be occurring right now. You may be able to **use your wisdom from the present**, to influence **one of your past** (other) lives, to **set yourself free in the future**.

Past Life Regression can be as equally valid as any other Hypno-Analytical technique.

And IF all time is simultaneous, is there really any difference between a **memory from this life** or a **memory from another life ...?**

Past Life Regression — Practical /How to

A Past Life Regression session typically follows these steps:

- 1. Introductory Chat:** Just because the client believes or has been told it is a “Past Life” issue doesn’t necessarily mean it is – look out for the usual patterns of speech that give away the person’s beliefs – but remain open-minded.]
- 2. Hypnotic Induction & Deepening.** This can be any induction method you feel comfortable with. Take your time if need be and aim for a deeply relaxed state...
- 3. Transition to ‘Past ’Life Recall.** This is the same as you would do for any type of Hypnotic Regression, only the wording suggests or allows for the recall of ‘Past ’Life information. See scripts for details and examples.
- 4. Questioning & Recall.** much more directive than with standard regression techniques, depending on what the client is seeking and how the regression unfolds. However, do use the same ‘Fluid Questioning Practices’. Sometimes the regression will flow smoothly with very little intervention from yourself; other times you may have to prompt with questions and directions.
- 5. Return to Normal Awareness.** When the regression has run its course, or you need to wind up the session because of time constraints, instruct the client that it is now time to return their normal everyday awareness to this life, ensuring that they remember and bring back with them, everything that is useful for them to remember
- 6. Discussion of the Experience.** Once the client has fully readjusted to the present, talk through the experience with them. Often, they will have forgotten some points, in the same way we do when waking from a dream. As you remind them, they will recall more information. Ask them to be aware of any feelings or emotions they went through and consider how ideas in the Past Life experience may relate to their life nowadays.

Scripts for Past lives

- Create a guided visualisation of walking through a stately home. Describe in detail walking down a corridor that has many doors. Each door leads to a past life. Ask the client to choose a door. When they step through the door, at first there is a mist. Ask them to step into the mist, which then slowly clears. Ask them to look down at their feet and describe what they see. Then ask them to look around or get a feel for where they are.
- Create a guided visualisation of walking through a beautiful garden with many paths. As the client chooses a particular path, it is leading them to experience a previous life. The path leads into a calming and pleasant mist, and as they emerge from the mist on the other side, they will be in one of their previous lives. Ask them to look down at their feet and describe what they see. Then ask them to look around or get a feel for where they are.
- Have the client imagine floating up and out of their body, above the room, above the building, above the town, above the city, above the country, way up above the earth. As they then slowly descend they will be in a different time and a different place.
- Use the Library Model only this time they are going through the dusty, hidden door at the back, which leads off in a choice of directions

Or simply a standard regression script but keep it open ...

- *“... just go deeper and deeper into that feeling, deeper and deeper into it now, and then allowing your mind ... allowing that feeling ...to take you back in time, back and back in time as if there is no such thing as time, back to wherever it seems to take you back to... wherever that may be ... my voice going with you ... just being there once again ... and when you are ready ... you can easily speak to me ... letting me know what seems to come to mind ... etc.”*

Typical Questions to ask when regressed:

- Are you wearing anything on your feet?
- Do you know what your clothing is like?
- Do you know your name?
- Do you know your age?
- Do you know are you Male/Female?
- Do you know where you are in this place?
- Are there any other people around?
- Do you know your occupation?
- Do you know what year this is? What time period?
- Allow your mind to go to poignant moments – major life events that cause
- ‘turning points ’in this lifetime.
- Notice any meaningful relationships – do you recognise any from your current
- lifetime?
- Allow your mind to address any unresolved issues – upsets, feelings and emotions that may have carried over from one life to the next and be affecting it in some way.
- Go to the end of this lifetime and become aware of any meaningful final moments.
- Become aware of anything you can learn or bring with you that may be useful nowadays.
- Allow your mind to reveal anything else that is important for you to understand right now.

What Can You Expect to Happen?

As with **any hypnotic experience** the results will vary from person to person. Typically, your regressions will fall into one of the following categories:

- **Absolutely nothing happens.**
- **Vague snapshots or images.**
- **Images and scenes** that start off vague and become clearer as the regression progresses.
- **Quite detailed experience**, with **clear scenes** and **images** as well as an understanding of feelings and emotions involved, but **still detached** in some way, like a **witness** as opposed to a participant.
- **A full-on experience** with the client feeling very 'there', seeing, feeling, experiencing it from the first-person.

How to handle the sessions

- Be open-minded...
- Just be gently encouraging, using phrases such as: ***“What does it seem is happening?”*** and ***“Go with it for now, we can always analyse later”***
- During the regression itself, it is more important to **just get a flow of information** rather than to analyse for fact or fiction. The analysing can be carried out afterwards.

*Client Session Videos are available at <https://members.andrewparrtraining.com/client-session-videos>

Practice Past Life Regression

- Following an induction and deepener, begin with:

Eg. “In a few moments you will be visiting one of your previous lives. You will be safe and always protected and your mind will only take you to a time and place that is relevant and meaningful to your life now. You can stay relaxed and calm throughout the entire experience.”

- **Various visualisations**
- **Library Model**
- **Standards Regression Script**

Format of Session

1. Introductory Chat.
2. Hypnotic Induction & Deepening.
3. Transition to 'Past 'Life Recall.
4. Questioning & Recall.
5. Return to Normal Awareness.
6. Discussion of the Experience.