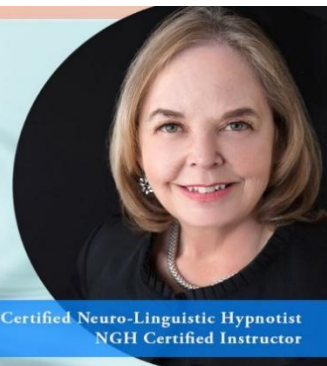


Conscious living with subconscious principles

Lynn C. Swearingen, CH, CI

NFNP Certified Neuro-Linguistic Hypnotist
NGH Certified Instructor



This is an excellent script to take a client back to a memory that needs to be recovered, or simply released and resolved. It can be adapted further for past life regression.

Regression – From www.hypnoticworld.com

Now it's time to learn more about your problem and move closer to the health, happiness and well-being that you deserve. **Let's walk together through a very pleasant garden – into a beautiful stately building that feels safe and secure.** The large oak doors are open and we're swept into a lovely spacious hall, it's very impressive with dark red leather upholstery; the walls are lined with oil paintings and there are sculptures on pedestals. A low table stands in front of one of the chairs and adjacent to it is the magnificent fireplace with a very high mantel. Double doors lead through into the music room where a grand piano takes pride of place and you walk through the door on the left, which leads to a long corridor.

Leading off from the corridor are several doors. Some of these doors look inviting and others forbidding. One of the doors is an especially ornate door, wooden and heavy and intricately carved. Looking through a small window you can see that it is a door to a library. Okay, now you try the door; reach out and hold the cold brass handle, turning it clockwise and push it open. Push the door open with your mind and walk through.

As you walk through the door you realize there are **ten steps, which lead deeper down** into the room. A banister runs down alongside the steps and you rest your hand lightly on, and begin to walk down, counting with me in your mind as you go down. And the deeper down you go, the more comfortable and the more relaxed you become.

Begin walking gently down 10 – 9 – 8 – 7 – 6 – 5 – 4 – 3 – 2 – 1 – 0. Look around you. **Now you are in the library.** Wherever you look you may see there are impressive volumes, each with its own story to tell.

Looking at the spine of the books, you can see that they are in alphabetical order. Now you stop at a shelf that seems to draw you to it. There, like the volumes of an encyclopedia from another century, are the leather bound, first editions of the works of a great author from another time and place, it is an impressive set of (age in years) books, numbered from one through to **(current age)**, entitled – **The complete Life and Thoughts of _____**. Open the volume (current age) and you can see yourself right there as we read the very book that shows you where you are. You can smile at that and turn the pages back to the chapter entitled (month and day). And now you find what you are looking for. A series of pictures that takes us rapidly and surely into the flow of how things were ... of how things felt. With each picture we become more absorbed, more completely absorbed, more completely involved. And now, as you become more in touch with how things were, as you see yourself as you were, you will find yourself reading more rapidly than I, and involved completely. Therefore you begin to tell what you see, what you feel, how things were. You look towards the books that have the letter *(whichever letter the clients name begins with)* and there you see a book with your name on it.

On the cover it says it is a large book – **it is the book of your life** ... *your* book. You open up the book randomly and you see that there are photographs of your life, some look familiar, others are photos that you've never seen but of times that you remember well. The first photograph you see is a holiday snap from a few years ago. Notice how you look there – what you are wearing – who is with you – the background and as you enjoy that pleasant memory you may notice some of that holiday feeling coming back to you. . . (pause) . . . good. . . .now turn the pages back . . . and go further and further back – you will be surprised at how distinct these pictures seem to you – and reviewing these pictures gives you a comfortable feeling which allows you to become more relaxed, more confident, and more positive.

Now turn the pages back to when you are just a little girl/boy . . . you are ... years old. . . see your face looks younger. . . and you are smaller . . . you're wearing that . . . (dress/jumper) . . . and as the picture becomes clearer it's almost as though you're really back there at . . . years old . . . and you can remember. . . and think about your best friend at this time . . . the time you fell out (or some other universal experience) . . . and you can feel yourself at . . . years old . . . and tell me what you are experiencing.

Continue like this until your client is at the age he wants to remember. Move on with appropriate questioning, healing and resolution.

You can adapt this for past life regression by having the client see himself as a baby in mother's arms, then simply let the mind drift and float gently back, perhaps suggesting going back into a different chapter or section of the book, with another name to it . . . and have the client relate what he is seeing