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Past Life Regression Techniques

Talk given to the British Society of Clinical Hypnosis

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Outline

Preliminary Session

- Managing expectations, exploring internal representation systems and memory
- Brainwave entrainment (Snow/Blake-Lucas: Mind Mirror research, Cade: biofeedback)
- Discussing the personal belief system ("What do you believe in?")
- Goal setting

Induction

- *Mist of Time* (cf. Buddhist Emptiness)
- Entry: trigger sentence, phrase, or question (from the preliminary goal setting)
- Alternative entry: somatic-emotional bridge, body sensations, pains, even arousal

Techniques for Eliciting Materials

- Small impressions. 'Look at your feet... What are you wearing?'
- Speaking in first person (I am...), present tense
- NOOOOW... as deepener, as well as a prompt
- Important to avoid suggestive questions, but ok to suggest confidence
- e.g: *in this state of mind it is easy...*
you can move easy back and forth in time...
I will now count 0-5, by the time I reach the number 5, you will know...

Stages of Therapeutic Processing

1. Identification (re-living). Often abreaction, discharge of energy tied with the memory
2. Disidentification (witness position). Cognitive learning, search for patterns and meaningful connections. Reframing.
3. Transformation (Transpersonal Insights). Transforming the shadow energy into evolution.

The moral wrong obvious at Stage X+1, is a moral blind spot at Stage X.

Examples for transformational techniques:

- Getting into the mind of the opponent
- Finding the positive intent

Evolutionary Processing

A personal 'shifting gears' by examining the moment of death, lessons from the bardo and/or future lives

Personal Self perspective --> individuation process --> Higher Self perspective

For more information, the past life study, and literature, please visit: viktoriaduda.com