

# American School of Hypnosis

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## TEST

### Past Life Regression Certification

*(This is an "Open Book" test)*

If you are taking this test for the live or in-person course, it must be completed by the last day of class.

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

### DEFINITIONS:

Match the terms in column one with the definitions in column two by placing the corresponding number on the space provided.

- |                            |   |
|----------------------------|---|
| 1. TIME DISTORTION         | ___ Memories recovered by inducing an intense emotional state |
| 2. AGE PROGRESSION         | ___ Advancing the subject's age level                         |
| 3. PERMISSIVE              | ___ Re-experiencing of earlier events                         |
| 4. EXPECTANCY              | ___ The loss of memory  |
| 5. ANALGESIA               | ___ Insensitivity to feelings of physical pain.               |
| 6. ANESTHESIA              | ___ Forceful, strong, domineering                             |
| 7. HYPNAGOGIC              | ___ Self-talk   |
| 8. LUCID DREAMING          | ___ Rigidity of the skeletal muscles                          |
| 9. TRAVEL JOURNAL          | ___ You believe in the positive results                       |
| 10. AFFECT BRIDGE          | ___ Pressure, but no pain                                     |
| 11. AMNESIA                | ___ Increase the difficulty of suggestions                    |
| 12. NEGATIVE HALLUCINATION | ___ Between wakefulness and sleep                             |
| 13. AGE REGRESSION         | ___ Being open to suggestion                                  |
| 14. POSITIVE HALLUCINATION | ___ Not seeing something that is there                        |
| 15. AUTHORITATIVE          | ___ Soft spoken, nondirective                                 |
| 16. AUTO SUGGESTION        | ___ A morbid fear   |
| 17. CATALEPSY              | ___ Seeing something that is not there                        |

18. GRADING \_\_\_\_\_ Suggestions carried out later on  
19. HYPNOSIS \_\_\_\_\_ Unexplainable lapse of time during hypnosis  
20. PHOBIA \_\_\_\_\_ Being in control and directing your dreams  
21. POST HYPNOTIC \_\_\_\_\_ A book to record your regression experiences

## MULTIPLE CHOICE

22. Signs to look for in hysterical subjects in hypnosis are... (Circle all boxes that apply)
1. Rhythmic circular movement of the head
  2. Excessive eyelid fluttering
  3. Uncontrollable crying or laughter
  4. Itching of the toes
23. Which of the following is required to be hypnotized?
1. A willingness to be hypnotized
  2. A weak will
  3. Mental illness
  4. Low-to-average intelligence
24. A suggestion given while in hypnosis to be carried out at a later time is called?
1. Direct
  2. Post hypnotic
  3. Indirect
  4. Time delayed
25. The deepest of the four brainwave states is...
1. Alpha
  2. Delta
  3. Theta
  4. Beta
26. Glove analgesia is...
1. Allergic allergies to gloves
  2. Feeling slight pain but no sensations
  3. Feeling pressure but no pain
  4. Not seeing something that is there
27. Time distortion in hypnosis is defined as?
1. The swinging of a stop watch in front of the clients face
  2. Not really sure of the exact time when asked
  3. Unexplained lapse of time during hypnosis
  4. Seeing the numbers on a clock getting fuzzy
28. Daydreaming state starts in...
1. Alpha
  2. Delta
  3. Theta
  4. Beta

## TRUE & FALSE

29. There is always a danger of the hypnotist having a heart attack while the subject is in hypnosis and the subject remaining stuck in trance.  
TRUE \_\_\_ FALSE \_\_\_
30. Suggestibility tests are used to see what you can make your client do.

TRUE \_\_\_ FALSE \_\_\_

31. True regression is like watching yourself from a movie theatre seat.

TRUE \_\_\_ FALSE \_\_\_

32. You are in a deep sleep while in hypnosis.

TRUE \_\_\_ FALSE \_\_\_

33. It's necessary for a person to be very relaxed to get into hypnosis.

TRUE \_\_\_ FALSE \_\_\_

34. People who are intelligent have difficulty entering into hypnosis.

TRUE \_\_\_ FALSE \_\_\_

35. Students and military are the least suggestible subjects.

TRUE \_\_\_ FALSE \_\_\_

36. Only 50% of society are susceptible to rapid inductions.

TRUE \_\_\_ FALSE \_\_\_

37. Pseudo regression is experiencing the event first hand and you will feel the feelings and emotions.

TRUE \_\_\_ FALSE \_\_\_

38. A post hypnotic suggestion can be given on the telephone...

TRUE \_\_\_ FALSE \_\_\_

39. The Arons Depth Scale has 10 levels.

TRUE \_\_\_ FALSE \_\_\_

40. Level 4 is the best level of the Arons Depth Scale for hypno-birthing.

TRUE \_\_\_ FALSE \_\_\_

41. If you suspect that your subject is sleeping you should simply ask them to nod their head if they hear you?

TRUE \_\_\_ FALSE \_\_\_

42. The two most common one word commands used in instant inductions are "sleep" and "run".

TRUE \_\_\_ FALSE \_\_\_

43. Time is a concept that only exist in the Spiritual World.

TRUE \_\_\_ FALSE \_\_\_

44. The sixth sense is the sense of touch.

TRUE \_\_\_ FALSE \_\_\_

45. Confabulation means to put a session together.

TRUE \_\_\_ FALSE \_\_\_

46. There is always a danger that you will be stuck in a past life regression and remain there.

TRUE \_\_\_ FALSE \_\_\_

47. A Spirit Guide is an alcoholic drink that will transport you to the other side.

TRUE \_\_\_ FALSE \_\_\_

48. You can remove travel blocks on your journey with your imagination.

TRUE \_\_\_ FALSE \_\_\_

49. In level six, past life regression subjects will not remember their journey.  
TRUE \_\_\_ FALSE \_\_\_

50. The Beta brainwave state is the best level for spiritual journeys.  
TRUE \_\_\_ FALSE \_\_\_