

**NINE FORMS OF SPIRITUAL TRAVEL INSIDE**

**The Complete**

**20 Scripts**

**Past Life Regression  
& Metaphysics**



**Hypnosis Script Manual**

*By Rene A. Bastarache, CI  
Founder: American School of Hypnosis*

**Includes:**

- Past Life Regression**
- Present Life Progression**
- Future Life Progression**
- Creating a Spirit Room for Contact**
- Life Between Life**
- Contacting Spirits**
- Contacting Spirit Animals**
- Out of Body Experience**
- Traveling to Parallel Worlds**



**BONUS**

**Alien Abductions & Seeing Auras**

# PAST LIFE & METAPHYSICS HYPNOSIS SCRIPTS

*Compiled by Rene Bastarache, CI  
Founder of the  
American School of Hypnosis*

**Legal Notice:**

The materials in this manual have been designed to be used by hypnosis professionals and those trained in the field of mental health. They are the opinions and understanding of hypnosis as dictated by the author.

It is advised that before using any of these or any other scripts that you read through them in their entirety. You should become familiar with them **before** using them on your clients so you are aware of their content.

Neither the author nor the American School of Hypnosis nor the American International Association of Hypnosis are responsible in any way, shape or form for any loss or liability caused by utilization of any of the information presented in this publication.

**Copyright:**

No part of this publication may be reproduced or transmitted in any way or means except where specifically noted, without the express permission of the American School of Hypnosis. In owning this manual you are given permission to use the scripts for your own personal use and for the use of your clients within your private business.

They are not to be used, sold or marketed in any manner to include in print, on the internet, on tape, or on CD. All materials in this manual are copyrighted by 2010, The American School of Hypnosis©. All violators will be prosecuted.

## Table of Contents

### Past Life Transition Scripts

1. Path, Bridge & Spirit Guide Visitation	6
2. Sands of Time ( <i>Beach</i> )	8
3. Past Life Transition Script ( <i>Analytical</i> )	10
4. Hall of Life Choices	12
5. Past Life Transition Script	14
6. Floating into the Past	15
7. Stepping Stones	17
8. A Spirit Guided Head Start	18
9. Movie Theatre Guides	20

### Scripts and Session Preparation

Creating a Spirit Room ( <i>Description</i> )	21
10. Creating a Spirit Room ( <i>Script</i> )	22
11. Past Life Regression	25
12. Future Life Progression	32
13. Present Life Progression	38
14. Life between Lives	42
15. Contacting Spirits	44
16. Meeting Spirit Guides	47
17. Meeting Your Spirit "Animal" Guide	49
18. Out of Body Experience	52
19. Parallel Worlds	54
20. ESP Development II	56
21. Alien Abductions ( <i>Outline for a session</i> )	58
22. How to See Auras with Hypnosis	60

## **Editing Notice**

If you find typographical errors in this book, I'd like you to realize that they are here for a reason. Some people actually enjoy looking for them and we strive to please as many as possible. Thank you!

## **Past Life Transition Scripts**

A transition script is designed to be used to gap the deepener to the actual Past Life Regression or other Spiritual Traveling script. Before using a transition script be sure that you've 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 Past 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're 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're standing on a path, going through the forest and flowers ... such a happy colorful place ... It seems 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's 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 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 your past life script or directly to the questioning depending on your script)



**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've 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 your past life script or directly to the questioning depending on your script)

**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?

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

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**  
*(Used for finding an answer)*

*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-dimensional? 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



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

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 theater... 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...

(At this point once your client nods, go to your past life script or directly to the questioning depending on your script)

## Sessions Scripts

### 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 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.

## Past Life Regression

*By Rene Bastarache, CI*

(This same script can be used for Present Life Progress and Future Life Progression by entering the appropriate door mentioned. If you would like variety in this script, rather than utilizing a hallway and doors you may change it to other options such as:

- Following a path through the woods that splits off into three directions.
- Approaching the sandy beach of an ocean will you take a left to the past a right to the future or remaining still and sitting for the present. Rather than having doors you can have a thick fog set-in and dissipate when you arrive at the proper location for time. Be creative)

(Script)

Imagine you're traveling down a long hallway that appears to have no end  
It feels as if you are gliding down this hallway... comfortably without any effort whatsoever.

As you travel down the hallway you feel yourself going back in time...  
Getting younger and younger... all the way back... nonstop... through your  
childhood... and even your infancy...  
And as you travel you only experience positive thoughts and feelings...

Keep in mind that throughout this whole journey you'll feel great and you'll be completely safe...

As you're approaching the end of the hallway you notice that there are three doors lined up facing you... The one on the left leads to past lives... the one in the center the present ... and on the right leads to future lives.

Before you go any further it is important that you understand that throughout this entire journey you will imagine it as if you are sitting in the seat of a movie theater,

as a spectator, watching yourself on the screen. Anything that happens will be as if it's happening to that actor on the screen and not you personally. You are totally detached so that you can enjoy the entire experience.

Take a moment now to decide your intentions as to what you're interested in knowing or searching for...

As you are in front of the three doors you decide to choose the one on the left which will take you to a past life journey...

Open the door and enter shutting the door behind you...

You're now in a huge, brightly lit comfortable room with many interesting looking doors in every direction you can see... Each door represents a past life you may have had...

Look at each of the doors and choose the one that seems right you... Walk towards it and wait there until I tell you to open it...

Remember once again to imagine whatever happens from this point on as if you're sitting in the seat of a movie theater as a spectator watching yourself on the screen. Anything that happens will be as if it's happening to that actor on the screen and not you personally.

Now open the door you've chosen, enter and close it behind you...

With your back to the door take a few steps into this new space as you feel all the sensations around you...

I'll be asking you questions to which you can answer to yourself quietly...

The first impression that comes to mind is the right one... Don't analyze it just let it happen...

Get an idea of where you are ... your surroundings...

Take in all the feelings and sensations going on around you...

(Questions)

Where you are right now is it light or dark?

Is it cold or warm?

Do you think you're indoors or outdoors?

What are you wearing?

Is there anything on your feet?

Your body ...do you have any kind of covering?

How about on your head?

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's your name?

What are you noticing around you?

Are there any landmarks or things that would give you an idea of where you are?

Maybe even what year it is?

Describe your surroundings to yourself in detail?

If you're outdoors what's there?

What can you see?

If you can't see much then find yourself moving to a distance where you can see more such as a high vantage point...

If you're indoors describe everything you see...

Is there enough there for you to get an idea of when and where you are?

If not then walk over to a window or opening where you can see outside...

Is there anyone there with you?

What do they look like?

Describe them...

Look into their eyes...

Who are they?

What is their relationship to you?  
Do they remind you of anyone from your present life?

Take a deep breath...  
Feel yourself going ahead a few years within the same life and stop...  
Wherever you are get a feeling for yourself and your surroundings again...

Once again we're you are right now is it light or dark?  
Is a cold or warm?  
Do you think you're indoors or outdoors?

What are you wearing?  
Is there anything on your feet?  
Your body ...do you have any kind of covering?  
Is there anything on your head?

How tall are you?  
How old you think you are?  
Are you male or female?  
What color is your hair if you have any?  
Your eyes?  
What's your name or what do people address you by?

What are you noticing around you?  
Are there any landmarks or things it would give you an idea of where you are?  
Maybe even what year it is?  
Describe your surroundings to yourself in detail?

If you're outdoors what's there?  
What can you see?  
If you can't see much then find yourself moving to a distance where you can see more  
such as a high vantage point...

If you're indoors describe everything you see...  
Is there enough there for you to get an idea of when and where you are?

If not then walk over to a window or opening where you can see outside...

Is there anyone there with you?

What do they look like?

Describe them...

Look into their eyes...

Who are they?

What's their relationship to you?

Do they remind you of anyone from your present life?

What do you think your purpose is in this life?

What you do?

Imagine that you're outside and your dwelling is right in front of you ... What it looks like? Describe it in detail to yourself...

(If you're conducting this session for a specific reason, have the client remember their intention for coming here and tell them to take the time they need to research it at this time until they hear your voice again. Give them approximately 4 - 5 minutes of silence and then continue with a session)

Now take a deep breath...

Once again to imagine whatever happens from this point on as if you are sitting in that movie theater seat watching yourself on the movie screen. You're completely detached from anything you see.

Feel yourself moving ahead in time now... Stop approximately 5 minutes before your death scene... Whatever you died of...

Describe everything you notice to yourself such as:

What are you doing?

Where are you?

What is going on right now, what do you think is wrong? What are you dying of?

What kinds of thoughts are going through your head... feelings...

Is there anyone close to you nearby?

Who is it?

Describe their face to yourself?

Look deeply into their eyes... Do you recognize them as anybody you know in your present life?

What kinds of things are being said by the person or people near you?

Do you have any regrets leaving this life behind?

Is there anything you wish you might have done differently?

Are there any positive things you'd like to remember or bring back with you?

Reflect on your life...

Are there any lessons you can learn from this life or is there a "moral" to the story?

Imagine a large door of glowing white light right in front of you...

A warm comfortable, inviting light...

Imagine yourself moving towards the door and going through the light now leaving this life behind...

As you emerge on the other side from the light you feel very happy and comfortable... It's a relaxing, wonderful and welcoming place.

(If you are conducting a Life between Lives, this is the place you would begin)

(Past Life Reflection Continued)

Are there any memories or positive things from this past life that you'd like to take with you? Commit them to memory now...

If you have any negative baggage from your present life you can leave it there.

You don't need it... Whatever it may be just imagine yourself bundling it up into a ball and throwing it through that light in the past life ... never to see it again.

Turn away with your back to the light as you see the door that you initially entered... Walk towards the door and once you reach it

Open the door and go inside...

Now you can begin to glide down that long hallway again progressing to your present age and coming back to the here and now... You can feel yourself floating... Comfortably and happily as you return back to the present relaxing comfortably as you reflect on your journey...

(Awakening)



## **Future Life Progression**

*By Rene Bastarache, CI*

Keep in mind that throughout this whole journey you'll feel great and you'll be completely safe... You will only experience positive, happy thoughts.

Before you go any further it is important that you understand that throughout this entire journey you will imagine it as if you are sitting in the seat of a movie theater, as a spectator, watching yourself on the screen. Anything that happens will be as if it's happening to that actor on the screen and not you personally. You are totally detached so that you can enjoy the entire experience.

Take a moment now to decide your intentions as to what you're interested in knowing or searching for...

Right now as you are sitting comfortably I'd like you to imagine yourself floating down a long hallway comfortably and effortlessly ...

As you're gliding down the hallway you can begin to think about the purpose for your trip in anticipation... In the distance you notice the hallway is coming to an end...

You suddenly find yourself in front of the three doors. The one on the left is labeled Past Lives... the one in the center is labeled Present Life ... and the one on the right is labeled Future Lives... So you decide to choose the one on the right ...

Open the door and enter shutting the door behind you...

You're now in a huge, brightly lit comfortable room with many interesting looking doors in every direction you can see... Each door represents a different a different future life experience ... Whichever door feels good to you will take you exactly where you want or need to be.

Look at each of the doors and choose the one that seems right you... Walk towards it and wait there until I tell you to open it...

Remember once again to imagine whatever happens from this point on as if you're sitting in the seat of a movie theater as a spectator watching yourself on the screen. Anything that happens will be as if it's happening to that actor on the screen and not you personally.

Now open the door you've chosen, enter and close it behind you...  
With your back to the door take a few steps into this new space as you feel all the sensations around you...

I'll be asking you questions to which you can answer to yourself quietly...  
The first impression that comes to mind is the right one... Don't analyze it just let it happen...

Get an idea of where you are ... your surroundings...  
Take In all the feelings and sensations going on around you...

(Questions)

Where you are right now is it light or dark?  
Is it cold or warm?  
Do you think you're indoors or outdoors?

What are you wearing?  
Is there anything on your feet?  
Your body ...do you have any kind of covering?  
Is there anything on your head?

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's your name? ...or what do people address you by?

What are you noticing around you?

Are there any landmarks or things it would give you an idea of where you are?  
Maybe even what year it is?  
Describe your surroundings to yourself in detail?

If you're outdoors what's there?  
What can you see?  
If you can't see much then find yourself moving to a distance where you can see more such as a high vantage point...

If you're indoors describe everything you see...  
Is there enough there for you to get an idea of when and where you are?  
If not then walk over to a window or opening where you can see outside...

Is there anyone there with you?  
What do they look like?  
Describe them...  
Look into their eyes...  
Who are they?  
What is their relationship to you?  
Do they remind you of anyone from your present life?

Take a deep breath...  
Feel yourself going ahead a few years within the same life and stop...  
Wherever you are get a feeling for yourself and your surroundings again...  
Once again we're you are right now is it light or dark?  
Is a cold or warm?  
Do you think you're indoors or outdoors?

What are you wearing?  
Is there anything on your feet?  
Your body ...do you have any kind of covering?  
Is there anything on your head?

How tall are you?  
How old you think you are?

Are you male or female?

What color is your hair if you have any...

Your eyes?

What's your name or what do people address you by?

What are you noticing around you?

Are there any landmarks or things it would give you an idea of where you are?

Maybe even what year it is?

Describe your surroundings to yourself in detail?

If you're outdoors what's there?

What can you see?

If you can't see much then find yourself moving to a distance where you can see more such as a high vantage point...

If you're indoors describe everything you see...

Is there enough there for you to get an idea of when and where you are?

If not then walk over to a window or opening where you can see outside...

Is there anyone there with you?

What do they look like?

Describe them...

Look into their eyes...

Who are they?

What's their relationship to you?

Do they remind you of anyone from your present life?

What do you think your purpose is in this life?

What you do?

Imagine that you're outside and your dwelling is right in front of you ... What does it look like? Describe it in detail to yourself...

(If you're conducting this session for a specific reason, have the client remember their intention for coming here and tell them to take the time they need to research

it at this time until they hear your voice again. Give them approximately 4 - 5 minutes of silence and then continue with a session)

Now take a deep breath...

Once again to imagine whatever happens from this point on as if you are sitting in that movie theater seat watching yourself on the movie screen. You're completely detached from anything you see.

Feel yourself moving ahead in time now... Stop approximately 5 minutes before your death scene... Whatever you died of...

Describe everything you notice to yourself such as:

What are you doing?

Where are you?

What is going on right now, what do you think is wrong? What are you dying of?

What kind of thoughts are going through your head... feelings...

Is there anyone close to you nearby?

Who is it?

Describe their face to yourself?

Look deeply into their eyes... Do you recognize them as anybody you know in your present life?

Do you have any regrets?

Is there anything you wish you might have done differently?

Are there any positive things you'd like to remember or bring back with you?

Reflect on your life...

Are there any lessons you can learn from this life or is there a "moral" to the story?

Imagine a large door of glowing white light right in front of you...

A warm comfortable, inviting light...

Imagine yourself moving towards the door and going through the light now leaving this life behind...

As you emerge on the other side from the light you feel very happy and comfortable... It's a relaxing, wonderful and welcoming place.

(If you are conducting life between lives, you can begin here)

(Future life reflection continued)

Are there any memories or positive things from this future life that you'd like to take with you? Commit them to memory now...

Turn away with your back to the light as you see the door that you initially entered... Walk towards the door and once you reach it  
Open the door and go inside...

Now you can begin to glide down that long hallway again returning to your present age and coming back to the here and now... You can feel yourself floating... Comfortably and happily as you return back to the present relaxing comfortably as you reflect on your journey...

(Awakening)

## **Present Life Progression**

*By Rene Bastarache, CI*

Keep in mind that throughout this whole journey you'll feel great and you'll be completely safe... You will only experience positive, happy thoughts.

Right now as you are sitting comfortably I'd like you to imagine yourself floating down a long hallway comfortably and effortlessly ...

As you're gliding down the hallway you can begin to think about the purpose for your trip in anticipation... In the distance you notice the hallway is coming to an end...

At the end there are three doors lined up facing you... The one on the left leads to past lives... the one in the center the present ... and on the right leads to future lives.

Before you go any further it is important that you understand that throughout this entire journey you will imagine it as if you are sitting in the seat of a movie theater, as a spectator, watching yourself on the screen. Anything that happens will be as if it's happening to that actor on the screen and not you personally. You are totally detached so that you can enjoy the entire experience.

Take a moment now to decide your intentions as to what you're interested in knowing or searching for...

As you're in front of the three doors you decide to choose the one in the center which will take you to the future in your present lifetime...

Open the door and enter shutting the door behind you...

You're now in a huge, brightly lit comfortable room with many interesting looking doors in every direction you can see... Each door represents a different future life experience ... Whichever door feels good to you will take you exactly where you want or need to be.

Look at each of the doors and choose the one that seems right for you... Walk towards it and wait there until I tell you to open it...

Remember once again to imagine whatever happens from this point on as if you're sitting in the seat of a movie theater as a spectator. Anything that happens will be as if it's happening to that actor on the screen and not you personally.

Now open the door you've chosen, enter and close it behind you... With your back to the door take a few steps into this new space as you feel all the sensations around you...

I'll be asking you questions to which you can answer to yourself quietly... The first impression that comes to mind is the right one... Don't analyze it just let it happen...

Get an idea of where you are ... your surroundings... Take In all the feelings and sensations going on around you...

### Questions

Is it light or dark?

Is it cold or warm?

Do you think you're indoors or outdoors?

How old do you think you are?

What are you noticing around you?

Do you have any idea what year it is?

Imagine that you're wherever it is you would like to be ...

Describe your surroundings to yourself in detail...

Is this a place that you recognize?

How have things changed or progressed?

Is there anyone you'd like to have there with you that you're curious about?



Imagine they're right there beside you...

What do they look like?

Describe them...

How have they changed?

What's their relationship to you now? Is it the same?

Think about your life at this time...

What do you think the purpose for your life is supposed to be?

(If you are conducting this session for a reason, have the client remember their intention for coming here and tell them to take the time they need to research it at this time until they hear your voice again. Give them approximately 7-10 minutes of silence and then continue with a session. With an individual session ask them if they need more time by nodding their head and react accordingly. If you discussed their purpose beforehand you may ask questions to guide them to their goal according to the answers they give.)

Once again take a deep breath and relax

Imagine the large door in front of you...

Find yourself moving towards the door and go inside...

You find yourself in a comfortable waiting room where you can relax for a moment to reflect on the journey you just experienced... Take a few moments to think of the answers you received... Commit everything to memory that you would like to take with you so it will remain once your session is over...

If there was something that you accomplished that you were happy about, you may want to take a few moments to examine the steps that led to this accomplishment so you may redo them in the present...

(Give them about 1-2 min. to reflect)

Turn away with your back to the light as you see the door that you initially entered... Walk towards the door and once you reach it

Open the door and go inside...

Now you can begin to glide down that long hallway again returning to your present age and coming back to the here and now... You can feel yourself floating... Comfortably and happily as you return back to the present relaxing comfortably as you reflect on your journey...

(Awakening)

### Contacting Spirits

(Loved ones, friends or even famous figures from the past, present or future)

*By Rene Bastarache, CI*

(Use “Create a spirit room script” immediately before reciting this one so your client will have a place to meet their spirit guests.)

(Script)

As you're relaxing, I want you to imagine yourself comfortably sitting or lying in that wonderful room that you created earlier. Sitting or lying in your special place ... in that private place that only you know about ... Just find yourself in that room, look around it ... remember as much detail as you can ... remember the colors of the walls ... the floors and ceilings ... Remember the furniture, and all the smaller personal items ... and most of all remember how comfortable it is just to sit and relax as you're in that private place where no harm can come to you ... you're completely safe ...

Now at this time, I want you to think about what it is you'd like to find out ... Are there any questions you'd like to ask someone?

What are you seeking?... because in this exercise you're going to invite someone ... anyone you wish ... into your spirit room ... Anyone from the past, present or future ... Anyone you wish to speak to that can best answer the questions that you have ... or can help you with a whatever situation that you may be in need of advice ...

So go ahead and just think of it ... remember what it is that you want to find out ... what kind of information you would like to learn ... or what you would like to see as an outcome of this meeting ... Get that fresh in your mind ... just think about it ... know what your motives are ... in which direction you would like to go ....

Take a moment and think about who can help you with your situation ... Maybe you would like to invite a loved one ... someone who's passed on ... Maybe

someone who lived long ago who's famous ... and maybe can help you in your search for knowledge ... Make your decision of whoever it is ...

Now mentally invite them into your room ... right now ... Just quietly think about them and they will soon come to your room ... Imagine them coming to the room ... to the outside ... coming to the door as you hear them knocking ...

Remember you will be completely safe at all times ... Imagine yourself now walking over to the door ... reaching down for the latch ... or the knob ... and opening the door ... You can now see who's there ... Happily you smile as you recognize them ... and invite your guest into the room ... As your guest comes into the room, you welcome them ... find a nice comfortable place for them to sit if you haven't already created one for them...

Remember your thought process is reality in this realm. The first thought or feeling that you have is the right one ...

You both sit down where it is comfortable ... opposite each other or side-by-side ... Look at your guests ... and now is the time to ask your important question of them ... the reason you invited them here for ... Ask your question and then take a few moments until you hear my voice again to listen to their response. Do this now ... (pause for approximately two to three minutes of silence)

It is now time to say goodbye to your guest ... to wish them farewell ... You can thank your guest now for the answers and wisdom that you received ... and if you didn't have enough time ... you can speak to them again and invite him or her back as often as you like any time you want ... Just go back to this room and invite them again ... or anyone else you like ...

Just take a moment now to thank your guest ... and escort them to the door as you bid them goodbye ... open the door ... and let your guests leave ... Close the door once they have left ... and you can come back to your comfortable spot ... Just sit and relax again and take a few moments now to think about the words of wisdom you just received ... and how they might help you in your present life...

(Awakening)

**Life between Lives**  
*By Rene Bastarache, CI*

(Use the past life regression script and conduct it all the way up to the death scene where they progress through the light. Once they have entered the light they are in the life between lives. This is where you would continue with your life between life script.)

(On rare occasion if you are conducting a future life progression script you can also bring them to life between lives at the conclusion of that script as well)

(Past Life or Future Life Regression)

(Script)

Take a moment to examine where you are right now...

You have just finished traveling through a lifetime experience...

You have left your physical body behind and passed through the light ...and have now entered this wonderful, comfortable place in between lives...

This is a place of reflection... a place of exploration... and a place where you exist on a plane of universal consciousness... Your consciousness is now part of everything... It is a universe that you can expand to experience anything you'd like...

This is your true home and what you are as an eternal being...

Now you are able to really see what lies on the other side... to go beyond your present and past life memories...

Now you can re-experience your true essence ... which is what some call a soul group... or even travel companions.

Take a moment to reflect on what it is you'd like to know...

Would you like to know your true soul's purpose in this life?

Do you need wisdom in certain areas of your life... or answers to any questions? ...

Is there a major life decision that you need the ultimate wisdom of Universal Consciousness to make?

Remember this is a place of “all” information and all “knowledge” ...

Think of your questions and ask them now as I give you a moment to explore...

Keep in mind when you ask your questions to be specific and to expect the answer... Let your mind roam as in a daydreaming state allowing your imagination to be free...

Your answers will not come in an audible format because you left your body behind... but they may come in the way of feelings, emotions or imagination... Be open to any sensation or impulse as your spirit self or essence is what will be gaining this wisdom.

Ask your questions and experience this wonderful place until you hear my voice again...

(If this were an individual session you would have interviewed your client before the session asking the intent of their life between life experience. With this information you would tailor this life between life session by asking them specific questions that they would like answers to. With the two-way dialogue you will also have feedback as to your success in attaining their intent and move on from there.)

Return to your present life

It's now time to come back to your present life...

Imagine now that your consciousness is returning to your present body in your present life at this very moment in time...

Imagine feeling the sensations of being back to the here and now...

Feel your breathing... the rhythm of your breathing... in and out... as you sit comfortably... reflecting on the journey you just experienced... Commit as much of it to memory as you can so when you open your eyes you'll be able to report as much as possible by either writing it down, speaking about it or recording it...

(Awakening)

OPTIONS (to speak about)

What really lies on the other side?

To go beyond a past life to your soul memories between lives.

Re-encounter your soul group, travel companions or essence.

Understand your soul purpose for this life.

Make major life decisions .

Help in coping with the pressures of modern life.

Find your life's purpose.

You may wonder if you have had past lives with people in your current life.

You may wonder if you really survive death.

You may be trying to make sense of your situation and experiences.

Feeling down and want to know if life has any meaning.

It also provides a picture of what happens after death.

**Meeting Spirit Guides**  
*By Rene 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 ...

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 seems 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 ... 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 white 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 ...

They look familiar to you. Take a moment to examine this person's facial features.

What does your spirit guide look like? Are they male or female?

Look into their eyes. Do you know who it is? What's their name? If you don't know them ask them their name?

Ask your guy how they feel about your present life's journey. Are you on the right path for the things you should change? Take a few moments now to listen for the answer? Remember the spiritual realm utilizes different senses than the mortal world. You will most likely not hear any answers however you will simply feel... or know them...

Ask him if he or she has any advice or suggestions for you... Again take the time to wait for answers... What are you being told?



Do you have any specific questions you'd like to ask of your guide? Take a moment to ask those questions now... Be still for a while and weight for your answers ... It is important that you expect to get your answers...

Take a moment to think your guide for always being there for you in taking the time in this meeting to meet with you... As you bid them farewell U-turn and walk off the bridge back to is the path... You look back to see them and notice that they disappeared... But you know that they're watching you... And will be there when you need them...

You walk down the path until you find yourself in front of that warm healing white light will you began... You pass through the light ending up at the same place where you began... Right here... And right now...

Take a moment to reflect on the meeting you just had... Remember the answers and wisdom you were given so that when you open your eyes they will be clear in your mind...

(Awakening)

## Meeting Your Spirit "Animal" Guide

*By Rene Bastarache, CI*

As you are sitting there totally relaxed and completely at ease I do like you to imagine that you have completely transformed your surroundings simply by using your imagination... and you are now relaxing outdoors... Somewhere in the wilderness... where you feel completely safe... happy... and that peace...

You realize that you're away from the hustle and bustle of cities in civilization... and since this is a place of your creation you enjoy being here...

Take a moment to look around you and record in your mind what it looks like when you are... Imagine the vegetation... What does it look like?... Are there trees... shrubs and grass?

Are you in a forest... Jungle... Near the ocean or possibly even in a desert?...

Is it daylight or is it evening?... Is it warm... cold... or just right?

Take a moment to think of the question or questions you would like to ask your spirit animal when you meet... Work them out in your mind and be as specific as possible so be easy to receive an answer... It is important to realize that in order to get an answer you must expect one...

Now that you're taking the time to choose your questions and become very relaxed... It's now time to meet your spirit animal...

Regardless of what your spirit animal is realized that they are your guide at this time for a reason... Whether your spirit animal is large and ferocious... or tiny and cautious... they are what they are... at this moment in time for the purpose of helping you...

So once again imagine yourself sitting in the comfortable outdoor location you've chosen... In just a moment you will be visited by a creature... It can be an animal... or even a bird... reptile... Or a fish...

As you sitting there relaxing... realize that the very first living creature that contacts you is your animal guide... So take a moment and relax if you haven't met them yet... and wait for your spiritual contact to occur with anticipation... Keep your mind open and be very welcoming so as to make them comfortable with you as well... Remember that you will be completely safe during this contact... even if your spirit animal happens to be something that may seem dangerous or strong... They will be very kind to you as they are your guide...

So now take a moment to look at your guide and welcome them... If you haven't met them yet imagine that they are showing up right now at this moment... What is your spirit animal guide? Describe them... What color are they... How big or small are they... Look at them with as much detail as possible...

Welcome your spirit and thank them for taking the time to meet with you... Take a moment to listen and be still to any messages they may be sharing...

If you have any questions... now is the time to ask... Take a moment to ask the question and wait for your answer...

You may ask your spirit guide what they think of your progress of the type of life you've been living...

Do they have any advice or guidance to share that can help you along your path?

Take a moment to reflect on their answers and wisdom... until you're sure they're finished...

Be sure to thank them at this time and bid them farewell as you watch them leave...

Remain where you are sitting as you commit the answers to memory that you have received so you will have them with you to reflect upon and have to benefit you in the future...

Now imagine that you are transforming your surroundings back to where you were initially... Back to the here and now... in your chair... where you are sitting comfortably... and feeling wonderful in every way...

(Awakening)

## **Out of Body Experience**

*By Rene Bastarache, CI*

(Induction)

(Deepener to at least Theta)

Script

Dreaming is a form of OBE – It is a lucid dreaming process where you can control your journey and travel outside your body. Images and locations may seem different that they are in actuality.

In fact you have been out of body experience each evening when you dream.

You are seeing with your spiritual eyes and seeing the original creations of thought.

You are about to experience a world of mental life. This is going to be in the real world of thought. Normally in our physical world we experience life from within our head as if we were detached.

Everything you will experience will be based upon your perceptions of how you believe that things should be and according to your personal spiritual or religious beliefs.

In this journey directed by your imagination you'll be experiencing things beyond your perceptions of what you know to be. Things will be different than anything you can understand and you may find it difficult to categorize or mentally label what's going on. You must accept your experience for what it is...

Focus your mind within your body on any parts of your body where you may feel any tension and release that tension...

As you are focusing on your body and you become totally relaxed focus and imagine your spirit-self leaving your body floating out through your head hovering just above your body, inspecting your body lying there...

Imagine yourself leaving the room or building as you feel yourself rise into the air and you can see the landscape and buildings below you.

Now imagine yourself rising higher and higher even to outer space as you can see planets and stars and even the earth below you...

(With an individual session you would have them traveled to whatever preselected destination or journey they decided on before the session)

(Returning)

Feel yourself the sending back down to the earth reversing your journey

Return back down to the building where you left your body...

Feel yourself floating around the building from the outside and seeing any details you can observe...

Imagine yourself going back inside of the room where your body is in hovering above your body observing it... What are you thinking or feeling at this moment?... What does your body look like... How do you feel different right now... Having the freedom of a restricting body?... What sensations that you are experiencing that are different than normal?...

And now imagine yourself floating down to your body and merging back with it once again... Allowing your spirit self to float back into your head feeling your entire body... Feeling comfortable and natural as you did before you began your journey...

(Awakening)

### Parallel Worlds

(Travel to a parallel world and learn from yourself)

*By Rene Bastarache, CI*

(Induction)

(Deepener to deep Alpha / Theta - similar to a controlled daydream)

I'd like you to imagine or daydream a door – this is a transit door – it is a door to a futuristic type of travel where you can be teleported to anywhere you desire ... at a moment's notice ... just by imagining it ...

(The will speak about a transporter beam to carry your client to the parallel world they'd like to travel to. Use whatever travel means you'd like. Travel can include multiple wormholes, elevators, transporter beams, slides or anything that you feel your client would understand the best.)

It can be similar to the transportation used in science fiction movies... A beam-out or transporter type of process...

Before you open the door take a moment to create your intentions...

What is it that you would like to learn? ... or what decision or choice would you like to follow up on to see how it would've worked out?...

Every career choice or major decision we've made is happening at this very moment...

Now imagine yourself opening the door and standing in front of it as you are observing an abyss of limitless possibilities... This is the door to every possible parallel life experience or alternative choice you could've made throughout your life or lives...

Imagine traveling to a world where you can find a copy of yourself or a twin you who has become proficient in this career choice or has chosen the path that you are interested in learning more about...

Now step forward into this transporting beam as you clearly imagine in your mind the twin you that you like to meet...

The traveling process is quite comfortable and you find yourself there in just a few seconds... As the transportation ends you find that you were transported just beyond another door and you close it behind you...

You say hello to your twin and you realize that he knows why you're there... Keep in mind that you are the spiritual you that is traveling therefore you are speaking to the spiritual portion of your twin from this parallel world as well... Realizing this you are able to communicate through thought and feelings rather than words...

Take a moment to focus on and share with your twin what it is you'd like to learn or know about... Once you've done that simply wait and absorb the wisdom and answers they are able to share with you ...

You'll find that you are able to absorb the information through this exchange of energy between the two you's...

Take a few moments to observe and ask any other questions that you might have until you hear my voice again... (Allow 2 to 4 minutes)

Now it's time to say goodbye to your twin, thank them and begin your journey home...

Turn around and open the door that you came in... Step through it and find yourself transported back to your initial location... Walk back over to the seat that you began this journey from and allow yourself to relax and recall all the information that you were given... You may find as time goes on that can suddenly recall information that you experienced...

(Awakening)



## ESP Development II

*By Bryun Holt, CHT*

We are all divine creatures and have the capabilities to tap into our psychic awareness. You may have already been witness to some of these moments in your life. If you haven't, that's ok. You are here today to begin this journey of psychic development. This is your own personal development and you allow this process to develop at its own pace...

This will take practice and devotion on your part and you are eager and willing to put the time in to awaken your senses. Your psychic ability is just another sense, just like your sense of touch, taste, smell and hearing. Focus on your other senses and realize that as easily as you experience those senses, you can tap into your 6th sense. This is your intuition.

As an exercise, you will begin to be more aware and focus on all your senses. When you eat, really take the time to process the flavors in your mouth... When you look around you, take the time to focus on the details, the textures and hues and shades... When you hear, really listen and focus in on those "outside" noises... Hear the birds chirping in the distance... Listen to people talking in the corner of the restaurant... When you touch something, really feel its sensation... Make note of its smoothness or roughness and temperature...

When you have a gut feeling, listen to it and act upon it... From now on, you are aware of your surroundings... You are aware of those around you... You are aware of ALL of your senses... You are aware of various energies around you, both good feeling and bad... You now make better decisions.. You simply recognize how you feel when you are in certain situations or are around certain individuals... Do you feel safe? Are you in turmoil or uneasy? Begin to differentiate a positive feeling from a negative one...

You make good decisions based on your feelings... The more you become aware and practice being aware, the easier it becomes and the stronger your inner voice becomes... For you can achieve anything you set your mind to... Your mind is a powerful instrument... Respect that power... Respect others and respect the Divine...

Take your time and put effort into practicing this skill... For it takes time and practice to truly develop and harness your inner strength and power... You will

begin to bear witness to your own psychic powers, as you awaken this 6<sup>th</sup> sense within you... Know that you will only acquire that which you can handle...

Believe in divine right order... Everything happens at the right time... Be patient and let your development strengthen at a pace that you can handle and process... You are awakening to enlightenment... Your awareness is growing and becoming stronger... You welcome this inner voice... You pay attention to it and know that it is always looking after your ultimate well-being...

**Alien Abductions**  
(Outline for a session)  
*By Rene Bastarache, CI*

**DISCLAIMER:** conducting alien abductions can be extremely stressful to the client as they believe the event actually happened and is real. It's my opinion as the author that this type session should only be done with the observation of or by a medical or mental health, degreed practitioner. Keep in mind that the health and welfare of the client is the ultimate concern when conducting any type of session that has even the slightest possibility of danger to the client.

(Induction)

(Deepener)

(Creating a Personalized Outline for a Script)

Once you begin the session and have placed them in the pseudo-regression state you should direct them to imagining themselves just a few moments before the event began...

Find out where they're and what they're doing at that moment...

You may find it helpful to use the **Remote Control Method** so you can advance them a little bit at a time, pause the event as necessary, zoom in, zoom out, pan to the left or right, fast-forward ahead or even rewind if necessary. Be sure you explain to the client that you have this magical remote control, how it works and that you will be using it throughout the session to assist them.

Be sure not to "lead" the client or steer them in any direction that's not theirs. "Open" questions should be given so as not to cause confabulation or contamination of the event.

Allow the client to continue with this story until completion...

If along the way they seem nervous or anxious be sure to detach them and remind them that they're watching as an observer... completely safe as if they're actors on a movie screen.

Upon conclusion of the session bring them back to the present time and location... Have them relax for a few moments and reflect on their experience if you feel they should... Unless it was too stressful

End the session with the (Awakening)

### **Remote Control Method** (from ASH Manual)

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. Having your subject imagine that they are holding a magical television remote control unit does this. 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.

## How to See Auras with Hypnosis

*By Rene Bastarache, CI*

In just a moment I'm going to have you open your eyes... Remaining very calm and relaxed... and look around the room... To see who's there... and when you do you'll find that you will be able to easily see Auras surrounding their body...

You'll be able to notice the different colors... And even layers as they emanate out from their bodies...

You may even find that the colors are more pronounced around specific parts of the body and may emanate even further and stronger than the others...

So now remaining totally relaxed, calm and quiet I'd like you to open your eyes... You may now look around the room and stop at the first person you see... Look at them in a gentle gazing way... Almost as if you are looking through them up the wall behind... You'll notice colors emanating from them... Record mentally what colors you see...

As you notice the colors... Keep what you've notice to yourself for the time being... There is no need to speak to anyone or tell them anything... Simply remain in this quite relaxed state as you gaze at the people around you...

Notice the colors surrounding them... And notice if they might be stronger around certain parts of the body than others... Do the colors emanate more around the head or the hands than they do the legs of the arms...?

Just continue watching... And observing...

If there other people in a room you can take a moment to look at them as well... Taking your time with each one to see the differences... Or maybe the similarities...

(Depending on how many people are in the room give them time to observe each of them before you continue with a session)

Now I'd like you to close your eyes once again... take a deep breath and allow yourself to relax...

Take a moment to mentally record your observations... Don't worry about trying to translate the results of what you've just seen as you'll have plenty of time to do that when you return from your experience...

(Awakening)