

A Complete Past Life Regression Session
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(Induction)

Close your eyes and relax. Take a deep breath ... and exhale ... and take a second deep breath ... and exhale and on your third deep breath, hold it for about three seconds ... and exhale and relax.

I'm going to have you relax, every part of your body starting from the top of your head all the way down to the bottom of your feet... and as you relax each part of your body, I'd like you to use your imagination... and even feel ... each part of your body relax... and let go completely ... starting with the top of your head ... your scalp and your forehead... your eyebrows and your eyelids ... and feel that relaxation going down through your cheeks and your nose...

Relax your mouth and especially all those muscles around your mouth and lips ... make sure your teeth are not clenched together ... and just relax ...

Relax your chin and your jaw ... and allow all of those muscles in your face to just let go ...

And your neck relaxes ... starting with the front part of your neck ... and the back part of your neck ... all the way down to your shoulders ... just feel your shoulders relax completely ... Get rid of any tension that might be in your shoulder area ... it should feel good to do that ...

And your arms relax ... starting with your upper arms ... going down to your elbows ... Relax your wrists ... your hands ... and even the fingers relax and let go

And notice how deep and regular your breathing has become ... just so much more than just a few moments ago, when we began ...

Feel your breathing ... feel the rhythm of your breathing ... notice the contraction and expansion of your diaphragm and your chest ... and allow your

chest muscles to relax completely ...

All the way down to your stomach... just feel your stomach muscles relaxing and letting go ... get rid of any tension that might be in that area ... Just allow everything to let go completely ...

And your back muscles relax ... those larger muscles in the upper part of your back ... going down your spinal column ... and into your lower back ... and allow all those smaller muscles in the lower part of your back to relax as well ...

And your hips relax ... and especially your legs ... starting with your thighs ... your knees ... and feel that relaxation going down into your calves ... and your ankles ... relax your feet ... and even your toes just relax completely ... as you begin to drift into a deep relaxed state ... Just letting yourself go ... Letting your mind and body become one ... Just feeling so good ...

(Depth test)

I'd like you to use your imagination. Imagine a yardstick if you would ..., as you know a yardstick has numbers from 1 to 36. Imagine that the number one represent the least relaxed you could be ... as if you were wide-awake ... and the number 36 represents the deepest that you could be relaxed ...

Between 1 and 36 there are many numbers ... One of those numbers best represents exactly how relaxed you are at this present time ...

I'd like you to think about how relaxed you are right now and about which number best represents how relaxed you are ...

In just a moment I will ask you to tell me which number it is that you are relaxed at ...

So now remaining totally completely relaxed ... tell me, what number are you relaxed at right now?

(Deepener)

In just a moment I'm going to count from 20 down to 1 ... and as I say each number I'd like you to imagine the number, think about it and quietly spell the number to yourself which will help you to deepen your own relaxation allowing you to relax at your own pace.

So, let's begin with 20 as you spell it ... t-w-e-n-t-y ...

19 ... n-i-n-e-t-e-e-n ...

18 ... All the way down deep...

17... 16... deeper and deeper ...

15 ... keep on spelling the numbers to yourself quietly ...

14... just let yourself go... 13... 12 ... give yourself the permission that this is what you want to do ...

11 ... 10... allow yourself to just to let go ...

9 ... 8 ... deeper and deeper ...

7 ... 6 ... all the way down deep ...

5 ... 4 ... tired and drowsy ...

3 ... 2 ... so very relaxed ...

and finally ...1 ... Deep ... deep ... relaxation.

(Transition Script – Spirit Guide)

Imagine a beautiful white light glowing just in front of you...

In just a moment you are going to step through the 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 excited 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 is a beautiful 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 ... 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's 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're back ...

This person, your guide, reminds you that wherever you choose to go from here, you'll be safe, and will not experience anything first hand ... instead it will be as if you're sitting somewhere, watching your journey to unfold in front of you, like on a movie screen ... You thank them, and are finally allowed to pass ...

(Past life Regression Script)

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 ... I'll be asking you questions, to help you with your journey, and the first thought, or impression that comes to mind is the right one ... Don't try to analyze it or think critically of it, just let it happen ...

So, get an idea of where you are now, your surroundings ... Take in all the feelings, the sensations ...

First of all, where do you think you are right now? ... Is it light or is it dark? ...

Is it cold or warm? ...

Do you think you're indoors or outdoors? ... Once again remembering the first impression that comes to you is the right one...

Get a feel for yourself, does it seem as though you have anything on your feet? ... If so what is the texture like ...

What do you think you're wearing? ... What about clothing, if you have clothing on, describe them as much as you can ...

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 are you noticing around you? ... Are there any landmarks or things that would give you an idea of where you are ... or maybe even what year it is? ...

Describe your surroundings to yourself in detail ...

If you are outdoors ... what's there? ... What can you see? ... If you can't see much, then walk a little way to see if you can see more there ...

If you are indoors, describe everything you see ... If there is not enough for you to get an idea where you are, then walk over to a window or an opening, somewhere where you can see outside ...

Is there anyone there with you? ... What do they look like? ... Describe them ... Who are they? ...

Now take a deep breath ... and as deep as you can, and as you exhale just relax completely ... I want you to feel yourself going ahead a few years now in the same life if you can, alright now stop ... and wherever you are, get a good feeling for yourself and your surroundings again, and answer to yourself the same kind of questions that I asked you earlier...

First of all, where are you now? ... Is it dark or light? ...

Is it cold or warm? ...

Do you think you are indoors or outdoors? ...

Get a feel for yourself ... Does it seem like you have anything on your feet? ...

What do you think you are wearing? ...

How about clothing, describe them as much as you can ...

How tall are you? ...

How old do you think you are? ...

What color is your hair ... your eyes? ...

Who are you? ...

What do you think your purpose is? ...

What's your name?... What do people address you by? ...

What are you noticing around you, are there any landmarks or things that would give you an idea where you are? ... Or maybe what year it is? ...

Where do you live? ...

Imagine your dwelling right in front of you ... What does it look like? ...

Describe your surroundings to yourself in detail right now ... If you can't see that much, again take a little walk to see if you can see more ...

If you are indoors, describe everything there ... You may even want to walk to a window or an opening to see what is outside ...

Is there anyone here with you? ... What do they look like? ... Who are they? ... Describe their face ... Their mouth, hair, eyes ...

Look deeply into their eyes ... Do they remind you of someone you might know? ... Who are they in relationship to you? ...

Once again take a deep breath ... as deep as you can ... and exhale and relax ...

I want you to move ahead again, just feel yourself moving ahead in time ... and I want you to stop approximately a few minutes just before your death scene ...

Whatever you died of ... remember you will be viewing this as if you are sitting someplace comfortable, watching yourself on a movie screen, so you will feel no discomfort, or pain, or anything negative whatsoever ... You will just be watching it on a screen ...

So, bring yourself now to just a few minutes before your death scene ... Get a feeling for what's going on around you ... Sensations, sounds, smells ...

What do you see? ...

Where are you? ...

Is there anybody there with you? ... If so, who are they? ...

What kinds of things are they saying? ...

What are you dying of? ...

Describe yourself wherever you are ... What do you think is wrong? ... What kind of thoughts are going through your head right now? ... Feelings? ...

Is there anyone close to you nearby, relative, loved one? ... Who is it? ...

Once again describe their face to yourself, look deeply into their eyes ...
Do you recognize them as anybody you might know in your present life? ...

Do you have any regrets; anything that you feel you might have wanted to do differently? ...

Are there any nice things, or things you'd like to remember, or bring back with you? ...

Reflect on your life ... Are there any lessons you can learn, or is there a "moral" to the life? ...

Take a deep breath ... and exhale ... and imagine a large door of light right in front of you ... warm, comfortable, inviting light ...

Go ahead and step through the light now leaving that life behind ... As you step through the light, you are coming to a comfortable, relaxing, wonderful place ...

If there are any memories you want to keep from this past life ... any good things, you can take them with you ... If you have any negative thoughts or feeling or any negative baggage from your present life ... you can leave it back there, you don't need it ... Bad thoughts, anger, hatred whatever it might be, just throw it in that past life and leave it there before you come back ...

You turn away with your back to the light and you see that path in front of you once again that you came down initially, and you go back down that path heading back to the present time and place ...

walking down the path going back to the bridge ... At the top of the bridge you see your guardian there again ...

Walk up to guardian ... you can take a few moments if you'd like to speak to your guardian ... to ask any questions ... to learn from your guardian ... or even to reflect on some of the circumstances and things that you experienced from this past life ... Take a few moments now to speak to your guardian

(Pause for about 1 1/2 minutes) ...

At this time you can say goodbye to guardian ... and thank them for helping you and protecting you, throughout this journey ...

As you go back down the path through that other door of light ... that you initially came through ... walking through the door of light, you come out on the other side ... and you feel yourself coming back to the present day and time, all the way to the present date ...

The calendar slows down, and you find yourself right back ... To today's date and time... Right back here feeling wonderful and refreshed from the journey.

(Awakening)

In just a moment I am going to count to five ... and at the count of five you will come all the way back from hypnosis to the here and now ... feeling totally relaxed and comfortable.

1. You are beginning to emerge from hypnosis ...
2. Feeling wonderful in every way ...
3. Your mind is clear and alert ...
4. Your eyes are starting to open ... and ...
5. Eyes wide open, fully awake ... and feeling fine.