

Hypnosis is a subtle shift of awareness that opens the doors to your inner self.

Hypnosis is not sleep in any form. It is not unconsciousness or anesthesia. You will be awake and aware, you will hear me and be able to respond, and you will remember what you experience. However, even as your conscious mind is awake and aware and monitoring the situation, what we are going to do is open another door to another self, another life that you lived. And so you will have a multiple awareness occurring simultaneously. What I would ask you to do is temporarily allow that conscious part of your current self to slip to the side where it can observe and protect you, but allow the past life persona or spiritual part of you to come forward and interact with me.

No one can control you with hypnosis. You are fully in control at all times, and have the choice of whether to follow my suggestions. You have hired me as your guide, and so you might want to do that! However, you needn't follow every single suggestion to the letter. Just do the best you can, without trying too hard. You can't make it happen, but you can surrender and allow whatever is meant to happen. Just be gentle with yourself and trust that we will get where we want to go.

Because this is a new experience for you, you may be wondering, 'can I do hypnosis? I'm not sure if I can do it. Maybe I'm too hyper or too scattered or just can't relax. I want to get it right. I want to have a meaningful experience.' And it's perfectly normal to wonder about this. The thing is, everyone can do it, and in fact they've done hypnosis and self-hypnosis their whole lives! Have you ever gotten lost in a daydream, or a hobby or activity, reading a book or something, and you look at the clock and realize that an hour has gone by when you thought it was 20 minutes? Yes, well you were in an altered state of consciousness, and there was a time distortion, which in fact is a feature of hypnosis. So what you're doing today isn't really all that new to you. We're just going to tap into your own innate ability – you already have this within you – to focus and attain an altered state. Honestly, it's about as easy as falling off a log. I think you're going to enjoy this.

Have you ever seen a stage hypnosis show? Where they have people up on a stage and the hypnotist seems to be making them do strange things? Stage hypnotists can be pretty clever and they make things very entertaining. But they are just using tried and true hypnotic laws and techniques...not too different from what we'll be using today, except I'm not going to ask you to squawk like a chicken! We are going to be looking at a past life you lived. But yes, the stage hypnotist uses suggestibility testing, fractionation, and other techniques with great effect. If you listen to their language carefully, you can notice that at no time do they say, 'you are Elvis,' because the person on stage knows they are not Elvis. What the hypnotist does say is, 'you can sing like Elvis,' and the person decides and chooses, or not, to sing like Elvis. So the person on stage is deciding to play along and have fun, and sing like Elvis. They wouldn't have gone up on stage if they didn't want to have fun.

So let's talk about regression. I'm going to give you a few tips to help you get the most out of your session today. The first thing is that this whole thing starts with your impressions. I'm going to be making statements and asking questions, and they will stimulate some response in you, whether you see it, hear it, feel it, sense it, know it, intuit it, or have some other way of information coming in. The important thing is not to edit, filter, analyze, or otherwise judge what comes in. Your job is just to verbally report the first thing that pops into your awareness.

Let me show you how it works. Let's play a little game. I'm going to say a word, and I want you to reply with the first word that comes to mind. So, blue....[response]. Seventeen...[response]. House...[response]. Toy...[response]. Great see how easy that is? That's exactly what we want you to do in our session, and it will lead us where we need to go.

We all have various sensory modes with which we receive information; we can be visual, auditory, kinesthetic, that's feeling, intuitive, and who knows what other senses we have. So this session today may involve one or more of your own senses, and however the information or experience comes, it's perfect. So don't be hung up on it needing to be purely visual; you may not 'see' anything in your mind's eye, but you will 'hear' words whispering through your mind, or 'feel' that you are in the middle of a celebration, or just 'know' that you're walking through a forest. Just go with whatever comes, trust that, and we will immerse you more and more deeply into your experience.

So let's talk about the single most important piece of information I can give you about your session. It is very common for clients to wonder or feel that they are 'making up' the information that comes through. It feels somewhat hazy or dreamy, or reminds them of a book they read, or a movie they have seen. And so they wonder, hey, did I just make this up? Was it real?

It's a very common feeling, and even after undergoing plenty of regressions myself, I still feel like that sometimes. But I've learned that it will sink in over time and have meaningful connection to my life, if I just wait and let it settle for a few days.

I believe the reason these regressions have an amazing or unreal quality is that they come from our soul's memories, rather than our brain's memories. The memories of the brain feel quite solid, as they are encoded in our neurons in that electro-chemical soup of memory, however that works. But the soul's memories feel a bit more misty, kind of like fantasy, or make-believe, or imagination. So it's just a challenge of allowing these soul memories to come forward, and trusting them, and then, after the session, allowing them to settle, and watching the puzzle pieces as they fall into place.

Remember: your imagination is your soul's way of talking to you.

So if you feel at some point unsure, or wonder if you're just making it up, I would suggest saying to yourself, 'hmm, she said I might feel like this, and what did she say to

do? Keep going, just keep going.' You'll have the rest of your life to analyze this session, so don't analyze it now – have an adventure!