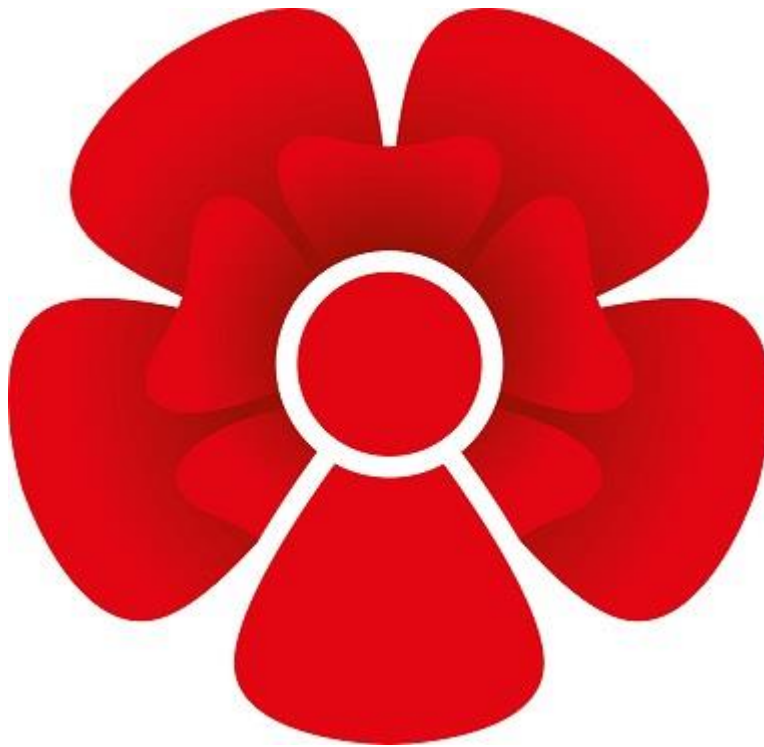


Hampshire School of Hypnotherapy



Past Life Regression
Manual

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Past Life Regression Groups

You can do past life regression in groups. If you are hiring a venue ask all the attendees to bring a pillow and something comfortable to lie on; either a mat if they have one or a bath towel (if this is going to be an area of your expertise, once you have made some money you could buy some mats).

Group Pre-Talk

I will start with asking if anyone knows what hypnosis is and then give a brief explanation of hypnosis.

Ask the group if anyone has experienced a past life regression (be careful here as when you are addressing a group you do need to keep an eye on the time).

I would then ask everyone if they can think a nice place, for example, a beach or place in a country. Then explain that in a moment, not yet, I will ask them all to get comfortable and then I will start asking everyone to take a nice deep breath and relax. Explain how they just need to go along with you; you could at this point do a finger test - demonstrating how you want them to follow your instructions. Then you will explain that when they have all started to relax; I will then ask them to think of their nice place and I will ask them to nod their heads when they are in a nice place. Once people have nodded their heads, I may need to keep suggesting for others to think of their nice place, as we all do things at our own pace. Once I am sure that the group are all in their nice places, I will give them suggestion that; whenever they want to, they can return to this nice place; for example if anything is upsetting to them, they can automatically think of their own nice place. Check everyone is happy with this and wait for everyone to agree.

I will then explain "I will then proceed to take you on a journey back through this lifetime. Then back to a past life. The key to experiencing a past life, is to stop yourself from analysing what I am saying, just go with your thoughts, even though some of them may seem odd. See what happens, have fun. There will be times when I ask you all to nod and if you have already nodded, you may still hear me asking for nodding, as I may have to continue with the rest of the group to catch up".

I would also explain that some of them may not experience a past life this time and that is fine too. If this is the case, just ask them to make things up in their minds; for example if I said to you now think of a country, just go along with the first country that comes into your mind and see what happens.

Once you have covered everything and answered all the questions get everyone to get comfortable and begin with your induction.

GROUP SCRIPT

DELIVER INDUCTION OF YOUR CHOICE

PROCEED TO INSTALL THE NICE PLACE

Group Setting a Nice Place

*Whilst you are resting in this very pleasant place, I want you now to think of your nice place; whether it is a beach or the country, that place that you feel safe and relaxed. Now become aware of how it feels to relax, notice what sounds you can hear. You may hear the sound of gentle waves lapping up on the shore, or you may be aware of the leaves rustling in the gentle breeze. Notice how you feel, at peace in your own comfortable space. You may see some wildlife. Just allow yourself to relax and as you do so, I want you to nod your head when you are in your nice place (**make sure everyone is in their nice place**).*

*I want you now to feel assured, that whenever you want to, you can return to this nice place. If you find anything too upsetting, all you have to do, is think of this nice place; and you will automatically return to this place. When you feel confident of this, just let me know by nodding your head (**make sure everyone has nodded their head**).*

Group Journey back through this life

I want you now, to just imagine that you are standing and looking up at a clear blue sky; and you can see stars in the clear blue sky; and as you watch the stars, a shower of stars shoots down and you can feel a warm glow spread through you.

Your skin still glitters from its shower of stars, your body is exhilarated with power and energy and your mind is as clear and limitless as the cloudless sky that's turning from midnight blue to the quietly thrilling pastels of dawn. You turn from where you stand and find yourself facing a thick forest of rich green trees, as far as you can see.

Your eyes are still closed as you move them upwards, as if you're focusing on the bridge of your nose, just for a few seconds, a count of memories and wisdom lie waiting for you to rediscover them.

You relax your eyes again and find that in those brief moments, the trees have parted; opening a beautiful, narrow, endless path at your feet that leads into the forest. You hesitate. But the fragrance of pine, the shafts of golden sunlight, the realization that the path doesn't seem completely unfamiliar, compel you forward. As you ask for the courage to walk the path without fear and learn its lessons with all the loving, compassionate patience god has given you.

You step forward, disappearing into glorious privacy among the thick green trees and within moments you find yourself in a quiet clearing, where a scene from your twentieth year in this lifetime is in progress; in perfect, intricate detail. And you, suddenly twenty years old, step into it. If no scene or moment appears immediately, be patient. Wait, reassure yourself that once upon a time, you were, in fact, twenty and ask yourself what was going on in your life at that age. Was there a first day of a new job, a birthday, a Christmas, a college party. Where did you live when you were twenty years old, that stands out in your mind? If nothing still appears, relax. It will come, at its own pace, maybe triggered by a detail as small as the car you owned then, or a favourite movie or song, or sport, or television show; that will allow the rest of the scene to unfold. You look around, noticing every colour, every smell, every face. What you're wearing, the style of your hair and most of all, how you feel. If the memory is happy, or if you simply notice that you feel healthy and young; relive it, embrace it, and be infused with it. If the memory upsets you in any way, or if at twenty, you were having physical or mental health problems that are playing out in front of you, just observe without letting the scene penetrate your psyche. As you stand there, aware of your powerful ability to access your past, offer a prayer: "All of the vitality, peace and security my cells remember from my twentieth year, let them stay with me and renew my body and spirit today and always. But any negativity, conscious or unconscious, that has burdened me from the age of twenty, let it be resolved into the white light that surrounds me, today, tomorrow and throughout my happy, healthy, productive, innovative, spiritual life".

You step away from that scene and back onto the forest path. Walking on with increasing strength and courage, rejuvenated by your visit to your twentieth year. The sun's golden rays dance through the healing green that brushes gently against your warm, bare arms, urging you along. You bask in the beauty around you, in no hurry. Birds sing nearby, you're safe and protected and peaceful; and there is nowhere else you would rather be at this quiet, graceful moment. Another clearing opens and you move confidently towards it.

A scene from your tenth year has been perfectly preserved, waiting for you to arrive and in a heartbeat or two, you're ten-years-old again. A different birthday, a different Christmas, a best friend, a first day at school, your bedroom, your favourite pet, a music lesson; some event, no matter how trivial, is there for you, as real as the day it happened. Again, if nothing comes, be patient and let your conscious mind help you. What did your school look like? Where did you live? What year were you in? Who was your teacher? What was your favourite subject, or your favourite game at break? What was your favourite food, or your favourite toy? Any detail, even the tiniest one, is all you need to make the scene spring into life and to become as much or as little part of it as your peace of mind dictates. Explore. Notice everything. Any happiness is yours to keep with you and any pain or sadness is yours only for the value, of reminding you that you were strong and resilient enough to survive it. You thank god for all of it; the happiness you celebrated and the pain you learned from and survived and then, after thanking him, you continue the prayer: "All of the vitality, peace and security my cells remember from my tenth year let them stay with me and renew my body and spirit today and always. But any negativity,

conscious or unconscious, that has burdened me from the age of ten, let it be resolved into the white light that surrounds me; today, tomorrow and throughout my happy, healthy, productive, innovative, spiritual life".

After lingering as long as you like; you leave and move on along the path, becoming more energized and excited with every step. These reunions and discoveries fascinating you and any past, needless burdens gone. You know you're safe, you know you'll be protected no matter what. You become aware of what lies ahead in the next clearing and your pace quickens. Your conscious mind would have scoffed at it as impossible, but your spirit mind, completely in charge now; unstoppable, yearning for its history, knowing the conscious mind proclaims all sorts of miracles impossible and then has to stand by in awed, humbled silence when those same miracles become real.

At the next clearing lies the moment of your conception, the moment when your spirit entered the womb for which this life's body will be born. Just as it remembers everything else that's ever happened to it, your spirit can access this memory too. Don't let yourself think. Simply accept the imagery that comes. And with patience, it will come. You may not be completely confident of that, but you are curious and you can't resist at least a glance into that clearing, that now waits just beyond these last few trees.

You see nothing but darkness at first, so you step further into the clearing. A gentle wind nudges you into the darkness and without fear, you find yourself completely surrounded by that darkness. You're floating, safe, with no sound intruding, except the tiny, reassuring beat of your perfect heart. Finally, you can make out your impossibly small hands, your impossibly small little limbs and feet moving like shadows in all that darkness. You know where you are. You know you asked to be here. You know you're on just a brief trip away from home and that soon you'll be thrust into this rough, flawed world called earth again. In your very last moment on the other side before you left, you felt a loving kiss on your forehead and homesick already, but braced for this new adventure you chose and charted, you pray: " All the vitality, peace and security my cells remember from the other side, let them stay with me and renew my body and spirit today; through my birth and always. But any negativity, conscious or unconscious I'm carrying with me, let it be resolved into the white light that is my sacred companion, in this close, safe, womb, today, tomorrow and throughout my happy, healthy productive, innovative, spiritual life. "

Group The Journey Into Past Lives

You linger, unafraid in the darkness, until you suddenly become aware of the presence of a brilliant, purple light behind you. You turn to face it and find it to be so bright, so powerful and so all-encompassing, that it blinds you to everything else around you. But it is also compelling, full of love and wisdom and ultimate compassion. In a way, knowing you're safe, you step toward it and through it, joyful at the sense of that rich, sacred, impossibly loving purple glow.

A tunnel opens in the heart of the purple light. In the glow, you can see inside its gleaming

etched golden walls, intricate and beautiful, calming and still. Your feet eagerly cross the threshold, and instantly you're moving; gliding through this gorgeous tunnel and you realize you're travelling back in time; past that moment of conception you experienced earlier. Further and further back, beyond other lives and events your spirit has already resolved, as a voice inside you says, "Go to the point of entry of your most pressing cell memory pain". You understand perfectly.

The same magnificent light that sent you on your way at the beginning of the tunnel, greets you at its end, illuminating a vast, brightly coloured map of the world. That same voice inside you says, "Wherever my first point of entry occurred, through the grace of my cell memory and my spirit mind, toward their desire to be healed may my hand find that place on this map". Without thinking about it, or even looking at the map, let your hand be guided by your spirit, to touch the map. Then look to see that specific point where your finger has landed and with faith and acceptance say, "I willingly ask my spirit to take me to this significant place it remembers and see the life and time I spent there".

Your spirit mind, free and powerful, intently obliges and in an instant, you're there, back in time, to a whole other life that was once yours; as real as the life from which you're taking this brief break. You look around to get your bearings, too fascinated to be cautious or afraid.

As you familiarise yourself with this reality you're remembering, your conscious mind will pay attention, without intruding and the answers to all the questions you ask are immediate, without judgement, without editing. There is no wrong answer. The first thoughts are all that count.

Where are you?

Below are ideas of questions that you can ask to help your client.

REMEMBER TAKE YOUR TIME, PATIENCE IS THE KEY HERE.

I would ask a few of the questions below.

THEN WALK AROUND THE ROOM QUIETLY AND GENTLY TOUCH ONE OF THE CLIENTS ON THE ARM AND SAY ARE YOU AWARE OF WHERE YOU ARE? JUST RAISE THIS HAND IF YOU ARE.

You will need to use your own initiative here and see what happens.

- How old are you?
- Are you male or female?
- What do you look like? Are you tall? Short? Slender? Stocky? What colour is your skin, your hair, your eyes? What clothing are you wearing, if any? If you have trouble getting a clear image of yourself, find a way to see your reflection, in a mirror, or a window, and simply describe in detail what you see.

- Look down at your feet what are you wearing?
- How do you feel?
- What year is this?
- Where do you live?
- Do you live alone?
- If not, who lives with you? Is there anyone around you whom you know in the life from which you're taking this hiatus? Who were those people to you then, and who are they to you now?
- Are you healthy, or unhealthy?
- If you're unhealthy, what is your illness or injury? When did it begin?
- Is this a happy life? or an unhappy one?
- If it's happy, what makes you happy? If it's unhappy, what makes it unhappy?
- What is your life theme for this lifetime?
- What is the best part of this life you're living?
- What is the worst?

You can choose this moment you're visiting, out of a whole timeless, eternal history, to reveal the point of entry for your most difficult cell memory. What is it about this moment, this circumstance or this event, that had such a profound impact on you? What led to it and what is essential for you to understand about it?

Again, this is no time for editing or judging. Just think, anything and everything that comes to your mind or occurs to you. Your spirit mind has been waiting a very long time for this chance to unburden itself and as a result, send messages of healing to the cells of your body.

Whenever you're ready and not until, I want you to begin to ease forward in this past life you're reliving. Where were you a year after this point of entry? Five years? Ten years? As long as that particular life can be continued.

Now I want you to go to those moments before your "death" in that life. First and foremost, notice that all your fears about death meaning annihilation are unfounded, because even though you're watching yourself "die" in a past life, you're still here to see it years, decades, even centuries later and you're still you.

Once that point has become undeniably clear to you, look at that "death" itself. If it's too frightening or painful, just observe it like a good, objective reporter.

What illness or injury is causing this death?

Where are you?

Who, if anyone is around you?

Are you reluctant, or glad, to be leaving this lifetime?

In those last moments, are you conscious of the joyful reality that you're about to go Home to the Other Side?

And now, just as the tunnel begins to appear to take you Home; I want you to make everything about that instant stand perfectly still, as if your executing a "freeze-frame" on a video camera; and now say to yourself, " I thank you for the courage to face that moment in that long-ago life, when my spirit mind and the cells of this body took on a burden I've struggled with ever since. At this moment of my death in that same life, please let that burden and all the other negativity I'm carrying, be resolved in the blessed white light, then, now, and always, so that I can devote my joyful, eternal, unburdened freedom for the rest of my happy, healthy, productive, innovative, spiritual life."

Finally, when you're ready to return, I want you to travel back into this current body and this current life on the slow count of three. Relaxed, at your peak of health, faith and peace of mind; the weight lifted from your spirit mind so that it can cleanse your cells of all remaining darkness and soar with God's love forever.

One. Your eyes open slowly.

Two. Refreshed and radiant with vitality, you raise your head.

Three. Fully awake and completely renewed, proceed from this moment forward, thanking yourself for the new beginning you've given yourself, by opening your mind and heart to the hidden secrets of cell memory.

Ask how everyone got on and just have a general chat with everyone. Also, explain that this is not evidence of past lives it is just for interest. If some of them did not experience a past life, suggest that they might do better booking a one-one session. You could offer a discount if you wanted to.

ONE – ONE Session

I use the same script but, of course, I get the clients to talk out loud. This is where you do need to take notes and your time. Your clients will all be different and have different experiences, so the questions will flow more naturally.

The more you facilitate PLR, the more confident you will become and successful at it. Remember clients that come for past life regressions believe in it. They are aware that they are doing regression and will access their imagination more so than clients that are coming for hypnotherapy. The same principles still hold true, once a client grasps what imagination is, they can usually manage quite successfully.

You can install a safe place if you wish. I don't, as I feel quite comfortable with regression.

There are lots of different PLR Scripts, this is my favourite.

DELIVER INDUCTION OF YOUR CHOICE

Journey back through this life

I want you now, to just imagine that you are standing and looking up at a clear blue sky; and you can see stars in the clear blue sky; and as you watch the stars, a shower of stars shoots down and you can feel a warm glow spread through you.

Your skin still glitters from its shower of stars, your body is exhilarated with power and energy and your mind is as clear and limitless as the cloudless sky that's turning from midnight blue to the quietly thrilling pastels of dawn. You turn from where you stand and find yourself facing a thick forest of rich green trees, as far as you can see.

Your eyes are still closed as you move them upwards, as if you're focusing on the bridge of your nose, just for a few seconds, a count of memories and wisdom lie waiting for you to rediscover them.

You relax your eyes again and find that in those brief moments, the trees have parted; opening a beautiful, narrow, endless path at your feet that leads into the forest. You hesitate. But the fragrance of pine, the shafts of golden sunlight, the realization that the path doesn't seem completely unfamiliar, compel you forward. As you ask for the courage to walk the path without fear and learn its lessons with all the loving, compassionate patience god has given you.

You step forward, disappearing into glorious privacy among the thick green trees and within moments you find yourself in a quiet clearing, where a scene from your twentieth year in this lifetime is in progress; in perfect, intricate detail. And you, suddenly twenty years old, step into it. If no scene or moment appears immediately, be patient. Wait, reassure yourself that once

upon a time, you were, in fact, twenty and ask yourself what was going on in your life at that age. Was there a first day of a new job, a birthday, a Christmas, a college party. Where did you live when you were twenty years old, that stands out in your mind? If nothing still appears, relax. It will come, at its own pace, maybe triggered by a detail as small as the car you owned then, or a favourite movie or song, or sport, or television show; that will allow the rest of the scene to unfold. You look around, noticing every colour, every smell, every face. What you're wearing, the style of your hair and most of all, how you feel. If the memory is happy, or if you simply notice that you feel healthy and young; relive it, embrace it, and be infused with it. If the memory upsets you in any way, or if at twenty, you were having physical or mental health problems that are playing out in front of you, just observe without letting the scene penetrate your psyche. As you stand there, aware of your powerful ability to access your past, offer a prayer: "All of the vitality, peace and security my cells remember from my twentieth year, let them stay with me and renew my body and spirit today and always. But any negativity, conscious or unconscious, that has burdened me from the age of twenty, let it be resolved into the white light that surrounds me, today, tomorrow and throughout my happy, healthy, productive, innovative, spiritual life".

You step away from that scene and back onto the forest path. Walking on with increasing strength and courage, rejuvenated by your visit to your twentieth year. The sun's golden rays dance through the healing green that brushes gently against your warm, bare arms, urging you along. You bask in the beauty around you, in no hurry. Birds sing nearby, you're safe and protected and peaceful; and there is nowhere else you would rather be at this quiet, graceful moment. Another clearing opens and you move confidently towards it.

A scene from your tenth year has been perfectly preserved, waiting for you to arrive and in a heartbeat or two, you're ten-years-old again. A different birthday, a different Christmas, a best friend, a first day at school, your bedroom, your favourite pet, a music lesson; some event, no matter how trivial, is there for you, as real as the day it happened. Again, if nothing comes, be patient and let your conscious mind help you. What did your school look like? Where did you live? What year were you in? Who was your teacher? What was your favourite subject, or your favourite game at break? What was your favourite food, or your favourite toy? Any detail, even the tiniest one, is all you need to make the scene spring into life and to become as much or as little part of it as your peace of mind dictates. Explore. Notice everything. Any happiness is yours to keep with you and any pain or sadness is yours only for the value, of reminding you that you were strong and resilient enough to survive it. You thank god for all of it; the happiness you celebrated and the pain you learned from and survived and then, after thanking him, you continue the prayer: "All of the vitality, peace and security my cells remember from my tenth year let them stay with me and renew my body and spirit today and always. But any negativity, conscious or unconscious, that has burdened me from the age of ten, let it be resolved into the white light that surrounds me; today, tomorrow and throughout my happy, healthy, productive, innovative, spiritual life".

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At the next clearing lies the moment of your conception, the moment when your spirit entered the womb for which this life's body will be born. Just as it remembers everything else that's ever happened to it, your spirit can access this memory too. Don't let yourself think. Simply accept the imagery that comes. And with patience, it will come. You may not be completely confident of that, but you are curious and you can't resist at least a glance into that clearing, that now waits just beyond these last few trees.

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The Journey Into Past Lives

You linger, unafraid in the darkness, until you suddenly become aware of the presence of a brilliant, purple light behind you. You turn to face it and find it to be so bright, so powerful and so all-encompassing, that it blinds you to everything else around you. But it is also compelling, full of love and wisdom and ultimate compassion. In a way, knowing you're safe, you step toward it and through it, joyful at the sense of that rich, sacred, impossibly loving purple glow.

A tunnel opens in the heart of the purple light. In the glow, you can see inside its gleaming etched golden walls, intricate and beautiful, calming and still. Your feet eagerly cross the threshold, and instantly you're moving; gliding through this gorgeous tunnel and you realize you're travelling back in time; past that moment of conception you experienced earlier. Further and further back, beyond other lives and events your spirit has already resolved, as a voice inside you says, "Go to the point of entry of your most pressing cell memory pain". You understand perfectly.

The same magnificent light that sent you on your way at the beginning of the tunnel, greets you at its end, illuminating a vast, brightly coloured map of the world. That same voice inside you says, "Wherever my first point of entry occurred, through the grace of my cell memory and my spirit mind, toward their desire to be healed may my hand find that place on this map". Without thinking about it, or even looking at the map, let your hand be guided by your spirit, to touch the map. Then look to see that specific point where your finger has landed and with faith and acceptance say, "I willingly ask my spirit to take me to this significant place it remembers and see the life and time I spent there".

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Below are ideas of questions that you can ask to help your client.

REMEMBER TAKE YOUR TIME, PATIENCE IS THE KEY HERE.

- How old are you?
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- What do you look like? Are you tall? Short? Slender? Stocky? What colour is your skin, your hair, your eyes? What clothing are you wearing, if any? If you have trouble getting a clear image of yourself, find a way to see your reflection, in a mirror, or a window, and simply describe in detail what you see.
- Look down at your feet what are you wearing?
- How do you feel?
- What year is this?
- Where do you live?
- Do you live alone?
- If not, who lives with you? Is there anyone around you whom you know in the life from which you're taking this hiatus? Who were those people to you then, and who are they to you now?
- Are you healthy, or unhealthy?
- If you're unhealthy, what is your illness or injury? When did it begin?
- Is this a happy life? or an unhappy one?
- If it's happy, what makes you happy? If it's unhappy, what makes it unhappy?

- What is your life theme for this lifetime?
- What is the best part of this life you're living?
- What is the worst?

You can choose this moment you're visiting, out of a whole timeless, eternal history, to reveal the point of entry for your most difficult cell memory. What is it about this moment, this circumstance or this event, that had such a profound impact on you? What led to it and what is essential for you to understand about it?

Again, this is no time for editing or judging. Just think, anything and everything that comes to your mind or occurs to you. Your spirit mind has been waiting a very long time for this chance to unburden itself and as a result, send messages of healing to the cells of your body.

Whenever you're ready and not until, I want you to begin to ease forward in this past life you're reliving. Where were you a year after this point of entry? Five years? Ten years? As long as that particular life can be continued.

Now I want you to go to those moments before your "death" in that life. First and foremost, notice that all your fears about death meaning annihilation are unfounded, because even though you're watching yourself "die" in a past life, you're still here to see it years, decades, even century's later and you're still you.

Once that point has become undeniably clear to you, look at that "death" itself. If it's too frightening or painful, just observe it like a good, objective reporter.

What illness or injury is causing this death?

Where are you?

Who, if anyone is around you?

Are you reluctant, or glad, to be leaving this lifetime?

In those last moments, are you conscious of the joyful reality that you're about to go Home to the Other Side?

And now, just as the tunnel begins to appear to take you Home; I want you to make everything about that instant stand perfectly still, as if your executing a "freeze-frame" on a video camera; and now say to yourself, " I thank you for the courage to face that moment in that long-ago life, when my spirit mind and the cells of this body took on a burden I've struggled with ever since. At this moment of my death in that same life, please let that burden and all the other negativity I'm carrying, be resolved in the blessed white light, then, now, and always, so that I can devote my joyful, eternal, unburdened freedom for the rest of my happy, healthy, productive, innovative, spiritual life."

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and soar with God's love forever.

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