

HYPNOSIS CAREER TRAINING

A Past-Life Regression

A complete session script

For practitioners. Follows the safe regression protocol taught in
Hypnosis for the Modern Mind.

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Before you use this script

This is a complete session script for a practitioner working with a client. It follows the safe regression protocol taught in *Hypnosis for the Modern Mind*: consent in the waking state, a safe place established before you go anywhere, ideomotor signals in place, open questions only, and a deliberate closing of every scene you open.

Past-life work asks something particular of you as a hypnotist. You will hear a client describe a life in vivid detail, with names and dates and a certainty that is hard to sit across from and stay neutral. Your job is not to decide whether it happened. Your job is to work with what arrives.

The position this script takes, and the one to state plainly to your client in the intake, is that what surfaces in trance is their subjective experience. Its value is in what it changes in the present. A client who resolves a lifelong fear of water after meeting a drowning has been helped whether or not anyone drowned. Say this before you begin, not after, and put it in your written consent.

Read it through twice before you use it. Find the rhythm. The pacing matters more than the words — slow, unhurried, with real silence where the pauses are marked. Where the script asks a question, stop and wait. Silence is where the work happens, and the most common mistake is filling it.

Where to adapt. Everything in square brackets is a direction to you, not words to speak. Everything after a client response marked *[listen]* should follow what they actually said, not what you expected. If your client has a safe place already established from previous sessions, use theirs. If you have an induction you trust, use it and join this script at the deepening.

When not to use it. Do not run this session with a client in acute distress, in active grief, or in crisis. Do not run it with someone seeking proof, or seeking a specific person, or hoping to confirm a belief — the suggestibility of trance will hand them exactly what they came for, and that is not a session, it is a séance. Do not run it at all if there is a history the cautions chapter tells you to refer out.

The script

[Pre-talk, waking state]

Before we begin, I want to say clearly what we are doing and what we are not doing. We are going to use hypnosis to follow a feeling back — past this life, if that is where it goes. What comes up will be your experience of it, and we will work with it as your experience. I am not going to tell you it is a historical record, and I would ask you not to treat it as one. What matters is what it shifts for you here.

You will be awake the whole time. You will remember it. You can speak, and stop, and open your eyes any moment you want to. Nothing is going to happen to you that you do not allow.

Do I have your permission to take you back today?

[Wait for a clear yes. If there is any hesitation, stop and explore it. A hesitant yes is a no.]

[Settling]

Close your eyes. Let your body find where it wants to be, and let it stay there. *[pause]*

Take a breath in through your nose, all the way down, and let it go. Again. And once more, and this time let the breath out be longer than the breath in. Good.

Put your attention on the sounds around you. All of them at once. Traffic, the room, my voice — let them all be there. *[pause]* Now let those sounds move to the background, and bring your attention inside. To the weight of your body. Where it presses down and where it is held. *[pause]* Good.

There is nothing you need to do here. Nothing to figure out, nothing to get right. Your only job is to notice, and to tell me what you notice. Whatever comes, comes.

[The safe place]

Before we go anywhere, I want you to have somewhere to come back to.

Let a place come to mind where you are completely safe. It might be somewhere you know or somewhere your mind is making right now. It does not matter which. *[pause]* Let me know when you are there.

[listen]

Good. Tell me what it is like. What do you see?

[listen]

What can you hear there?

[listen]

And what does the air feel like on your skin?

[listen]

Good. This place belongs to you. You can come here any time, with me or without me, and you will be completely safe. If at any point today you want to be here, you come straight here, and I will meet you. Do you understand?

[listen]

[Ideomotor signals]

Now I want a way for your subconscious mind to talk to me directly, without you having to think about it.

Let your hands rest. Somewhere in one of your hands there is a finger that wants to lift for *yes*. Do not choose it. Let it choose itself, and let it lift now. *[pause]* Good, I see it. That is yes. Let it rest.

And now a different finger for *no*. Let that one lift. *[pause]* Good. That is no. Let it rest.

And one more. A finger that means *I need to stop*. Let that one lift. *[pause]* Good. If that finger lifts at any point, we stop, and I will bring you to your safe place. You do not need to explain it. You do not need to say a word. Let it rest.

[Induction — eye fixation and breath]

[If you have your own induction, use it and rejoin at the staircase.]

Behind your closed eyes, let your eyes roll up gently, as if you were looking at a spot on the ceiling above and behind you. Hold it. Feel the strain. *[pause]* Now let them drop, and as they drop let your whole body drop with them. Good.

Now follow the breath. Not changing it, just following it. In, and out. In, and out. And with each breath out, let a little more of your weight go into the chair. *[pause]*

With each breath out, the thinking gets quieter. Not gone — you can think if you want to — just less interesting. *[pause]* And it does not matter if your mind wanders. Nobody needs anything from you here. There is nothing of any importance for you to do. *[pause]* Good.

[Deepening — the staircase down]

In front of you there is a staircase going down. It is wide, and it is well lit, and it is completely safe. It is made of stone worn smooth in the middle of each step, the way stone wears when many people have walked it for a very long time.

You are at the top. In a moment I will count you down, and with each step you will go deeper, and each step will feel easier than the one before.

Step down now to ten. *[pause]* Nine — deeper. Eight. Seven, letting go. Six. *[pause]* Five, halfway down, and already deeper than you were. Four. Three. *[pause]* Two. One. And down to zero, all the way down.

Good. You are standing at the bottom, and the air is different here. Cooler. Older. *[pause]*

[The bridge]

Now I want you to find the feeling.

Bring to mind the thing that brought you here today. Not the story of it — the feeling of it. Let it come up in your body. Where do you feel it?

[listen]

Good. Stay with it. Let it get a little stronger. It cannot hurt you; it is only a feeling, and you have felt it before. *[pause]* Let it build.

Now — that feeling is a thread. It runs backward through your life and further back than that, and I want you to follow it. Not to look for anything. Just follow it back, to the very first time it ever began.

I am going to count, and on three you will be there. One — following it back. Two — further back, past everything you know. *[pause]* Three. Be there now.

What are you aware of?

[listen. Whatever comes — an image, a colour, a word, nothing at all — take it. If the client says "nothing," say: "Good. What is the first thing you notice?" and wait.]

[Orienting in the scene]

[Open questions only. Never supply a detail. If you find yourself about to ask "is it cold?" — ask "what is the temperature?" instead.]

Look down at your feet. What is on them?

[listen]

And what are you standing on?

[listen]

Look at your hands. What do you notice about them?

[listen]

Are you a man or a woman?

[listen]

How old are you?

[listen]

Good. Now look around you. Where are you?

[listen]

And is anyone with you?

[listen]

What is happening?

[listen — and then follow. Let the scene run. Your questions from here are "what happens next," "what are you aware of," "what do you feel," and silence.]

[If the feeling becomes too strong]

[Use the moment you see distress, not after.]

Let's step back from this for a moment. Float up, above the scene, and watch it from there — high enough that it is small. *[pause]* Good. You are watching it, not in it. Nothing there can reach you.

[If more distance is needed:] Now put it on a screen, far away across a dark room. Make it small. Let the colour drain out of it until it is black and white. Turn the sound down. *[pause]* Good. Now tell me what happens, as if you were describing a film.

[The significant moment]

Now let's go to the moment in this life that matters most for what you came here with today. Your subconscious knows which moment that is. I am going to count to three, and on three you will be there. One. Two. *[pause]* Three — be there now.

What is happening?

[listen]

What do you feel?

[listen]

What do you decide, here?

[listen carefully. This is usually the belief you have come for — "I am not safe," "I must not speak," "it is my fault," "I am alone." Get the client's own words and keep them exactly. You will use them.]

Say that again for me.

[listen]

[The end of that life]

[Handle this dissociated by default. Move closer only if the client is steady and wants to.]

Now let's move to the last day of this life. Float above it, and watch from a safe height. You are only observing.

How does this life end?

[listen]

How old are you?

[listen]

Is anyone with you?

[listen]

And as that life ends — what is the last thought?

[listen]

Good. Let it go now. Let that body rest. Rise up, away from it, and leave it behind. *[pause]* It is finished. That life is complete. *[pause]* Good.

[Perspective]

Rest here a moment, out of it, above it, looking back at that whole life from beginning to end. *[pause]*

From here, what was that life for?

[listen]

What did that person never get to understand?

[listen]

And what would you say to them now, if you could?

[listen]

Say it to them.

[pause — give real time here]

Good.

[The reframe — where the change happens]

Now. That decision you made — *[use the client's exact words: "I am not safe," or whatever it was]* — I want you to notice something about it.

It was true then. In that moment, in that life, it was the right thing to decide, and it may well have kept that person alive. *[pause]* It was true then.

And it is not true now.

That life is over. That danger is over. It is not happening. It has not been happening for a very long time. *[pause]*

You have been carrying a decision that belonged to a situation that no longer exists.

Ask yourself now, with everything you know, from here: what is true instead?

[listen. Take the client's own words. If they struggle, ask "what would you rather be true?" — but let them say it.]

Good. Say it again.

[listen]

And let your subconscious mind take that in. All the way in. *[pause]*

I am going to ask your subconscious directly now. *[to the fingers]* Is that new understanding accepted? Yes or no.

[watch for the finger. If no: "What still needs to happen?" and return to the scene. Do not proceed on a no.]

[Closing the scene]

Good. Now we close this. Deliberately, the way you would close a book you have finished.

Look at that life one last time from up here. *[pause]* Thank it. It carried something to you that you needed today.

And now let it go. Watch it get smaller, and further away, and let the light go down on it until there is nothing left to see. *[pause]* It is over now. It is not happening. You survived it, and it is finished, and you are here.

Good.

[Return and strengthen]

Come back now to your safe place. *[pause]* You know the way. Be there now.

Good. Take a breath here. *[pause]*

And while you are here, let this settle in. *[pause]*

You are carrying less than you were an hour ago. Something you had been holding — without knowing you were holding it — you have set down. And it stays down.

Your mind is a great deal stronger than you have been giving it credit for. It kept that feeling safe for you until you were ready to look at it, and it brought it out today because you were ready. That is not a small thing. *[pause]*

From today, the old feeling has less grip. When the situation comes that used to bring it, you notice it a moment sooner, and it moves through you a good deal faster, and you are already steadier than you were. Each day a little more so. *[pause]*

Good.

[Future pace]

Now look forward. Find a time coming up — soon, this week — where the old pattern would have shown up.

See yourself there. *[pause]*

And watch yourself handle it differently. Calm. Steady. Present. The way someone handles a thing when they are not carrying a hundred years of something else on top of it. *[pause]*

How does that look?

[listen]

Good. That is you. That is available to you now.

[Emergence]

In a moment I am going to count you up from one to five. On five your eyes open, and you will be wide awake, clear-headed, and feeling better than you have in a long while.

One — coming up now, energy returning to your body.

Two — becoming aware of the room around you, the chair, the sounds.

Three — feeling clear and rested, as if you had slept well. *[pause]*

Four — almost there now, feeling calm and light and steady.

And five — eyes open, wide awake. Wide awake. Feeling wonderful.

Afterward, in the waking state

Give the client water and a few minutes of quiet before you ask anything. Then:

Ask what they remember, and how they feel. Do not interpret it for them. If they ask you what it meant, turn it back: "What do you make of it?" Their reading of it will do more work than yours.

Restate the frame, gently, once. What they experienced was their inner story, and its value is in what it changes now. This is worth saying plainly at the end as well as at the beginning, because trance material feels certain in a way that ordinary memory does not, and a client can walk out convinced of a historical fact they will later act on.

Do not encourage anyone to act on trance material in the world. Not confrontations, not accusations, not decisions about people in their present life based on a face they saw in a scene.

Write down their exact words — the old decision and the new one. You will use both in the next session.

If serious trauma surfaced, or the client is shaken in a way that does not settle, help them find a licensed, trauma-trained clinician. Offer to work alongside that clinician if it is appropriate. This is not a failure of the session; recognizing it is the job.

For educational use. This script is intended for use by trained hypnosis practitioners with consenting clients. Hypnosis is not a substitute for medical or psychological treatment. Do not use with anyone experiencing psychosis, active crisis, or a seizure disorder, and never in any setting where attention is required elsewhere.

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