

# **REGRESSION**

## **LOCATING A LOST OBJECT**

**NOTE: I tell clients when they book the appointment that (for me) only about 20%-25% of people remember where a lost object is during the session (although they may get ideas), but most will find the object within the next few days (up to 2 weeks)**

### **PRETALK**

During the pretalk, the client should be encouraged to describe in detail the last time he remembered having the object. What day and time, what he was doing, thinking, anticipating? If it was in a house or building, how many rooms does it have? Who else was there? In order to regress to the time just prior to misplacing it, you need to know as much as possible. Also have him describe the object itself in detail.

### **SCRIPT #1**

As you continue to relax, imagine the object in your possession. Take in all the details. Notice all the intricacies of how it looks ... how it feels ... any smooth or rough parts ... notice the temperature of the material as you touch it .... hold it ... You know it well .... It is something of yours..... Notice the feelings within you as you gaze upon it ... handle it ... notice how good it feels to have it once again in your possession.

Your subconscious mind knows exactly where it is. Your mind is a memory bank and holds a clear memory of the last time you had it. We're going to begin to work with your mind to help those memories surface .... and as you continue to relax, just allow any

thoughts or ideas that come to gently flow in and out of your mind ... without force ... without stress .... just let any thoughts or ideas flow.

Go back in time now to the morning of \_\_\_\_\_. **(From this point forward, lead him through the hours prior to misplacing the article. You may ask occasionally for confirmation that he is remembering clearly. Stimulate all the senses. Ask about the temperature, what others were saying, how he is feeling, etc.)**

And now you are moving slowly to the place where you last had \_\_\_\_\_. I'm going to count from one to three... When I reach the count of three, you will be at the place where you last had \_\_\_\_\_. You will see yourself as having already found it. You'll find it right where you left it, or where someone else moved it.

One ... two .... three .... Tell me the thoughts coming into your mind.

**(If it is still unclear, encourage “random possibility” thoughts to surface---like gentle brainstorming. It is also helpful to have them stand in the doorway of each room and look around the room--from floor to ceiling, walls and furniture--and let more gentle thoughts move through their mind. If they don't get a strong impression, assure them the memory will surface in the next few days.)**

Now that the door to your mind has been opened, more memories will begin to surface ... and over the next few days, you'll find that you know exactly where to look to find what you've misplaced.

**PRETALK #2:** Same as before, but if they think the object is in a house or building, have them roughly draw out the floor plan so you can guide them from room to room.

## **SCRIPT #2**

As you continue to relax, imagine the object in your possession. Take in all the details. Notice all the intricacies of how it looks ... how it feels ... any smooth or rough parts ... notice the temperature of the material as you touch it .... hold it ... You know it well .... It is something of yours..... Notice the feelings within you as you gaze upon it ... handle it ... notice how good it feels to have it once again in your possession.

Your subconscious mind knows exactly where it is. Your mind is a memory bank and holds a clear memory of the last time you had it. We're going to begin to work with your mind to help those memories surface .... and as you continue to relax, just allow any thoughts or ideas that come to gently flow in and out of your mind ... without force ... without stress .... just let any thoughts or ideas flow.

And now, as I ask you to imagine ... just let any thoughts that want to float in and out of your mind ...without giving them much thought ... just noticing them ... noticing which, if any are important ... are revealing ....

Imagine yourself opening your front door and stepping into the doorway of your \_\_\_\_\_ (living room, hallway, etc.). As you stand there, just look around. First look at the ceiling ... notice anything there ...glance around at the walls ... anything attached to ... or hanging on the walls ... cabinets or shelves .... look at any windows, curtains, blinds or

doors .... Around them ... notice any furniture ... anything at all in the room. And as you take in all that is there ... do you have any thoughts of where your \_\_\_\_\_ could be in this room? **(if yes)** Do you know for sure your \_\_\_\_\_ is there? **(if no, continue)**

Now, imagine yourself walking into the next room ... into \_\_\_\_\_ ... just stepping into the doorway of your \_\_\_\_\_ (living room, hallway, etc.). As you stand there, just look around. First look at the ceiling ... notice anything there ... glance around at the walls ... anything attached to ... or hanging on the walls ... cabinets or shelves .... look at any windows, curtains, blinds or doors .... Around them ... notice any furniture ... anything at all in the room. And as you take in all that is there ... do you have any thoughts of where your \_\_\_\_\_ could be in this room? **(if yes)** Do you know for sure your \_\_\_\_\_ is there? **(if no, continue)**

**(Keep going from room to room.)**

Now that the door to your mind has been opened, more memories will begin to surface ... and over the next few days, you'll find that you know exactly where to look to find what you've misplaced.