

# REGRESSION

## TRANSFORMING FEELINGS WITH IMAGERY

Imagine yourself surrounded in pure, white light ..... As if you were bathed in the light of the shining star .... or a moon beam ... feel yourself infused with tranquility, clarity and wisdom. And as you experience the peace, the tranquility, the clarity and the wisdom, know that you are totally protected throughout this session. Your own higher mind, your subconscious mind will only allow you to experience what is safe and comfortable for you as we begin to work together in the most creative way possible for your personal transformation.

I'm going to be quiet for a minute and while I am quiet, ask your Higher Self, your personal Guide, or God for permission to know the cause of an unpleasant feeling you've been experiencing. When you get the feeling that it is all right to continue, just gently nod your head to let me know and we'll continue. **(Wait for the sign to continue.)**

Alright. Focus now on a feeling that you wish to be free of ..... a feeling that bothers you or upsets you or causes you pain ..... an uncomfortable feeling. In order to help you feel the feeling, think back to a recent time when you felt that feeling ..... and as you remember the event, allow the feeling to become stronger and stronger ..... as strong as feels safe for you to feel it. When you are there and experiencing the feeling as strongly as possible, let me know by nodding your head. **(Pause for sign.)** Okay. Fine. Hold on the feeling and let go of the experience ..... just stay with the feeling .... allow yourself to feel it as strongly as possible.

In a moment I'm going to count from 10 down to 1 and when I reach the count of 1, you will automatically find yourself back in a time that was very important to the formation of that feeling. .... back at the source of that feeling. 10--Just staying with my voice .... 9. -- Knowing you are protected, feeling the feeling as strongly as is safe for you to do so ..... 8-- Going back to a time very important in the formation of that feeling ..... 7--Feeling the feeling, imagine yourself drifting back down a tunnel of time ..... 6--If you choose, imagine yourself getting younger, smaller ..... 5--Drifting ..... floating back ..... way back through time and space ..... 4--Feeling the feeling way back ..... 3--Almost there, almost back at the source of the feeling ..... 2--Knowing you are only going to experience what is comfortable for you to experience ..... 1--You are back there now. Allow the images to flow easily and freely into your mind.

Where are you now?

Are you inside or outside?

About how old are you?

Are you alone or is there someone with you?

Allow the images to become clearer and clearer.

What are you experiencing?

Become vividly aware of what it is that is happening. Become aware of the feelings you are experiencing, as you allow yourself to know more and more clearly the source of your feelings. Take a few moments now and allow yourself to know exactly what is happening and the feelings that are being created in you. When you're done, nod your head. **(Pause)**

It's time now to begin the process of letting go ..... letting go of the power of those feelings. First, feel those feelings way back then as strongly as is safe for you to do so. And as you feel the power of those feelings, physically release those feelings by imagining yourself removing them from your body .... removing all past painful feelings ..... Create your own image of what these old feelings look like and imagine yourself vigorously removing them from your body ..... imagine putting them into some kind of container ..... it might be a box ... or a bag of some sort .... anything that will hold them for now ..... imagine removing them from your body, putting them in a container .... and feel your body becoming lighter and lighter. Now throw out the last of those old feelings ..... throwing them all into a container of some sort ..... out of your body and into a holding area.

Now focus your attention on the container full of your old feelings ..... and now, imagine destroying the container full of all those old negative feelings. You might set fire to it .... or blow it up .... or toss it into the sea .... whatever images come to mind of the best way to be rid of that container full of all the old feelings. And watch it disappear. Watch the container and feeling cease to exist .... go away ..... And as you watch, you feel free. As you watch, the feeling and the container holding them just disappear and there is nothing left .... Just the spot they used to occupy. Allow the memory of the feelings and the container just fade from your mind.

Now ask your higher self for its support. Ask your higher self to transform the energy field of the old feelings into new feelings of love, comfort and support. Do this now and when you have the feeling that it has been done, nod to let me know. **(Pause)**

Good. Just continue to detach yourself from these old feelings ..... and in your mind become aware of all the people connected to that old scene that you had strong feelings about. It is time to forgive. So for each person involved, focus on your heart and forgive each of them from your heart. When you have done this, nod to let me know. **(Pause)** Fine. Now, forgive yourself and nod to let me know when this is done. **(Pause)** Good. Now ask each of them to forgive you and let me know when this has been done by nodding again. **(Pause)** **NOTE: If they have problems with any part of the forgiveness, you can instruct them to "do this to the extent you feel able and then ask God to forgive them for you .... and know it is done."**

Good. Now, imagine that there is a cord attached from your solar plexus to each person involved in the scene. Take something now and cut each cord, and as you do, feel a strong energy flowing through you as your power returns to you. Nod when this is done. **(Pause)**

You're doing fine. Now, send each person feelings of love and support for their own creative power. Nod when this is done. **(Pause)** Good, now send yourself deep feelings of love and support. Let me know when you feel the love and support. **(Pause)**

Fine. Now, focusing on the feelings of love and support, go back and change that old uncomfortable scene. Create it however you wish. Change the actions of those involved and give yourself what you want or change the way you feel about it. Do whatever feels right to you. Change the scene while retaining the feelings of love and support ....Imagine the experience in a new, transformed way. Allow yourself to feel very loved and good about yourself. Feel your new positive self-image. When you have done this, let me know with a nod. **(Pause)**

Wonderful. Now, allow yourself to come gently back into the present and feel this powerful, loving, positive energy ..... Feeling good about yourself ..... knowing that you are learning your life's lessons .... quickly and easily ..... with grace and ease ..... seeing every situation with light and clarity.

From this moment forward, whenever something you experience causes negative feelings, you immediately realize that the feelings are coming from within you rather than what's happening ..... and you immediately make any adjustments in your thinking that's necessary so that you easily and automatically emotionally detach. You understand .... at a deep subconscious level .... that it is important to view all people .... especially those who cause unpleasant feelings .... as your teachers ..... showing you something you need to learn. From this moment forward, you cease to judge others and view them in a creative light ..... and you cease to judge yourself. From this moment forward, your personal situation begins to improve and external situations are unable to affect you negatively. You always experience a feeling of peace and clarity.

Focusing once again on your heart ..... You know that you have a kind and loving power within you that guides you at all times. This part of you is gentle and supportive in helping you achieve your true creative potential.

Move 5 years ahead in time now, and imagine yourself as a very happy successful person ..... Be aware that the images you are placing in mind are always flexible and you can change them whenever you choose. And, as you imagine yourself 5 years from now, become aware of all the positive changes you've made in your life ..... Take a look at your body ..... How healthy you feel! ..... Focus on your thoughts and feel how good you feel about yourself ..... Become aware of your lifestyle ... your work ..... your family ..... your

friends ..... give yourself everything that makes you feel good ..... As you see and feel yourself as that person, know you already are that person! Know that deep within you, you have everything you need to consciously be exactly who you want to be. You are already that person. And you know that as you focus your mind on the energies of that person, you experience being that person more and more on the reality plane. You are experiencing more and more who you truly are ..... Just feel how good it feels.

In a moment I'm going to count from 1 to 10, and when I reach the count of 10, you'll open your eyes and be back in the room feeling wonderful, feeling refreshed, feeling peaceful, feeling that everything is right in your world.

1--Start to feel energy moving up through your legs to your waist.

2--Feel the energy now flowing up to your shoulders.

3--Feel energy now flowing through your entire body.

4--Imagine your whole body being bathed in a fresh spring of cool refreshing water.

5--Imagine all around you are hundreds and thousands of energy bubbles full of all the things you desire in life--all the love, all the health, all the joy, all the creativity, all the success, all the fulfillment.

6--Imagine all the wonderful energy flowing into your body.

7--Feel your body now becoming so alive with this wonderful, creative energy.

8--Getting ready now to open your eyes and to come back into the room.

9--Feeling so wonderful, so powerful, so loving as you prepare to open your eyes.

10--When you are ready open your eyes and come back into the room. Alert, awake and feeling good.