

INDIRECT REGRESSION

GOING BACK TO THE CAUSE

Your subconscious mind has its own time line. It understands everything that has ever happened in your life. It knows what caused it and what the outcome was. As you continue to relax, just allow your subconscious mind to move back easily through the years to something important that happened that ultimately caused this condition. Signal “yes” with your finger when it has found that something.

COUNTING DOWN TO AN IMPORTANT EVENT

Everything that you’ve ever seen or heard or experienced is stored in the memory of your subconscious mind. And everything that is stored in your subconscious mind can come back into your conscious mind if you want it to. Since you’d like to know the reason for _____, all you have to do is relax and while I count backwards from 10 to 1, your subconscious mind will travel back in time to a time when something important occurred in your life that caused this condition to be formed. Just let you mind relax I’m going to begin counting backwards now, and when I reach the number one, you will remember something that happened that was important to the formation of your current condition. Number 10 ... relaxed and going back ... number 9 ... moving back in time ... number 8 ... relaxing more ... 7 ... your mind moving easily back in time ... number 6 ... going back ... 5 ... getting closer to an important memory ... 4 ... without force, just letting old thoughts and ideas flow through your mind number 3 almost there ... number 2 ... a thought or feeling or idea will pop into your head in a moment and number 1 what do you remember right now? **(NOTE: YOU CAN ALSO ASK ABOUT WHAT THEY FEEL)**

DIRECT REGRESSION

COUNTING BACK FROM PRESENT AGE TO TARGET AGE

Your mind is like a storehouse. Everything you have ever experienced is stored accurately and completely in your mind and is available for you to review at any time you wish. I'm going to count from your present age of _____ to the age of _____. As I do, you'll move back in time back in time so that when I reach the count of _____, you'll be _____ years old. Your subconscious mind will provide all the details of what happened at that time, all the information that is pertinent ... so that you understand the reason for your current condition. Going backward in time Number _____, you are _____ years old. And now, number _____ ... going back in time ... number _____ ... moving back _____ going back farther number _____, the age of _____, getting younger _____ going back number _____ back farther in time _____ getting younger number _____, your mind drifting back _____ moving back in time number _____ getting closer to the cause number _____, memories and thoughts going through your mind

(KEEP PATTERNING AND COUNTING UNTIL YOU REACH THE TARGET AGE)

..... and number _____. You are _____ years old. Tell me what's happening.

**(ENCOURAGE THE SUBJECT BY ASKING FOR THOUGHTS OR FEELINGS,
EVEN IF THE EVENTS ARE UNCLEAR)**

IDEOMOTOR WITHOUT CONSCIOUS RECALL REGRESSION

As you continue to relax, your subconscious mind now begins to search through the information stored in your mind in order to discover the cause of this condition. When your subconscious mind locates the reason for this condition, it will signal me by raising the “yes” finger.

(WAIT ON FINGER SIGNAL)

Now that your subconscious mind has located the cause of this condition, it will now begin reviewing all pertinent information and will work out a solution to this problem and signal me by raising the “yes” finger when an acceptable solution has been found.

(WAIT ON FINGER SIGNAL)

Does your subconscious mind agree to utilize this solution in order to eliminate the problem (and physical symptoms)?

(WAIT ON FINGER SIGNAL)

FOR “YES” ANSWER:

You've done very well during the session and even now, your subconscious mind is processing the information --- taking whatever steps are necessary to implement a peaceful, easy solution to this and any related problems or difficulties that may be causing any blocks to your complete happiness. From this moment forward your subconscious mind works to continuously release and let go of any mental blocks, negative habit patterns, repressions or old beliefs that hinder you in any way from attaining peace and happiness.

FOR “NO” ANSWER PROCEED WITH MORE “UNCOVERING” QUESTIONS

Is there a reason you need to keep this condition? Do you know the reason?
Does this condition exist as a form of self-punishment? Does this condition exist because of guilt you feel about something in your life?

(KEEP QUESTIONING AND ATTEMPT A REGRESSION)