



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

171 - Memory, Brain Function, and Regression

You already know right and left-brain concepts. This just goes into it a bit more. Always keep these traits in mind when doing a past life regression. Remembering these traits will help prevent false memories.

The Left hemisphere

- These individuals are more dominant in functions such as language, logic, and mathematical ability. This part of the brain specializes for sounds in language.
- They are logical thinkers - putting ideas together in sequence, so one follows another. Can be very detailed and their truth is based on fact.
- Decisions are often hard for them but when they do make a decision, they based it in logic.
- They enjoy reading, usually reality based. They enjoy watching documentaries.
- They tend to focus on words, symbols, and numbers. They respond to verbal instructions. They are good listeners. They listen to what you say.
- Part of their normal behavior is to know the reason why. The investigative part wants to understand. Explaining why something is necessary or why it is this way encourages trust and rapport. This person needs to understand exactly what is expected and how to proceed.
- Taking a risk is difficult for them because they tend to take the safe path. Facts will rule.
- Often they do not have a good body image and lack confidence in their abilities.
- They look for the meaning beneath the words, the real meaning. They pick up inferences so it is common for them to misunderstand what was meant.
- Often they are uncomfortable expressing themselves or walking into a room full of people, especially if they do not know them. They are often uncomfortable doing a



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presentation, the instructor calling on them in class, or any situation where they may be put in an embarrassing situation.

- They feel their emotions within strongly but they push their feelings down. Their logic and reason rule. However, if pushed to the limit, their emotions will temporarily over ride the logic.
- They often do not have good eye contact and will look away as you talk to them. Holding eye contact is uncomfortable for them especially if the conversation is about them. They may learn to look someone directly in the eyes but it is not a natural part of their behavior.
- This person finds it hard to accept compliments and praise and will often negate it.
- They tend to run from confrontation, often lacking the confidence to stand up for themselves.
- When they feel hurt, or slighted, they withdraw into themselves.
- They tend to be Introverted. They tend to like working in quiet environments and are usually a loner.
- They focus on the individual tree and work up to the forest. They sometimes focus on the tree so much that they do not see the forest. The big picture escapes them.
- Tend to be very organized because they process thoughts sequentially, step by step. They enjoy planning ahead.
- These individuals are best in a career where they are working one on one; good as accountants, scientists, engineers, and working with facts. Often they are happier behind the scenes, directing or managing administrative details.
- They would rather observe a contact sport than participate.
- This person speaks directly and hears inferences.
- These are the traits of the high Emotional Suggestible. If your client was 80% Emotional Suggestible they would only have 20% of the opposite traits.



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The Right hemisphere

- They tend to feel their emotions very strongly. They may have learned to control their emotional responses, but they feel them strongly within and eventually those emotional responses are demonstrated. Often act impulsively.
- They can be confrontational and tend to go toward confrontation and get it over with.
- They will color events and truths by their emotions.
- They respond to demonstrated instructions best. As you talk to them, they visualize in their mind processing ideas simultaneously.
- They use their feelings in making decisions. They tend to be more perceptive and intuitive.
- They see the forest, the big picture and may miss seeing the trees in the forest.
- This individual enjoy touching you on the shoulder. They are affectionate and comfortable with a hug. They tend to touch objects and enjoy the feel of textures.
- They are extroverted. They tend to be friendly and outgoing. They have great eye contact.
- They love praise and compliments and give it to others. They show appreciation.
- They can get right up in your face, when they become animated or excited or feel angry.
- They often talk with their hands and body language.
- Rhythm in the voice or the tone and pitch influence them.
- When another person is talking, they are thinking of their response. They barely hear what the other person has said. The Physical listens to how you are saying something.
- They tend to be intuitive and perceptive
- They like to read fiction.
- They like talking to people and enjoy friendships. If it is a woman - often they have male friends. High Physical Suggestible females are usually very competitive with



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other females. If it is a high Physical male Suggestible, they will usually have more Physical male friends.

- They do best in careers where they are interacting with others.
- They are very creative and relate to colors. They are good with their hands such as making things. They are good at woodworking. They would be excellent at interior decorating, painting, or music. They would be excellent in creative marketing, as dancers, or in sales.
- This person speaks with inferences and hears directly.

The Differences in the way Physical and Emotionals think

Physical - I enjoy change and variety

Emotional - I like to know what to expect and have a plan

Physical - I choose what feels right to me.

Emotional - I choose what I know is right

Physical - I can sense what is about to take place

Emotional - I can analyze what might happen next

Physical - I can leave this till the last minute

Emotional - I need to know what to do and start on the project

Physical - I often act on my feelings

Emotional - Unless pushed in a corner, I push feelings down and act on logic and reason.



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Physical - I like to do a task my way

Emotional - I want to be told how and what to do

Physical - I see what you mean

Emotional - I hear what you are saying.

- A Somnambulist is suggestible to everything. This person lives in Environmental hypnosis
- A Physical and an Emotional work together. The Physical is competitive. The Emotional does not like confrontation and will usually deal with it only when they feel the situation forces them.
- The Emotional is new to the office. The Physical is very friendly and brings coffee every morning. The emotional is appreciative. However, the Physical begins to think, I am the one who usually brings him coffee and a wall begins to form between them. The Physical moves into the Emotional space. The Emotional is unable to feel comfortable because of the Physical contact needs. The Physical comes by to chat some and the Emotional is focused on something and barely looks up. The wall between them becomes stronger. The Emotional does not understand what the problem is. The Physical stops coming by the Emotional's desk. The Emotional wonders why. The Emotional is concerned and hurt because they do not understand what happened.
- Emotionals will become overwhelmed more quickly than Physicals because they do not have the outlets that the Physical does. A Physical can talk it out with friends. They run or exercise.
- The Emotional is often a loner and holds their emotions and feelings inside, often not sharing them with anyone. Emotionals more often than Physicals will look for relief in alcohol or another source.



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- Your client has taken the Suggestibility Test. It indicates he is a high Physical. He becomes shaky and nervous when told he needs to do a lecture or a presentation for the company.
- He loves praise and compliments, and loves drawing attention to himself. So you know that his fear of giving lectures is not a natural behavior but is based on a confidence problem.
- You have another client who has come to see you for the same problem. He is a high Emotional. You know this is a natural part of his behavior and his fear of doing lectures or presentations for the company are based on expectation and the needs to feel comfortable. He does not even relate to confidence.
- These two individuals have the same problem but each for a different reason. Therefore, you cannot give them the same kinds of suggestions or word the suggestions the same, because their suggestibility is different.
- You automatically know the influence of these traits in your client's everyday life and in a hypnotic session. You know how to safely do a past regression and a future progression. You know what to be careful of and how to suggest to your client which will give them confidence in your abilities and knowledge.