



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

171 - Memory, Brain Function, and Regression

- When your brain creates a memory, it is processing thousands of pieces of information. You remember the emotions you felt at the moment or the sensation or the sunlight or cold on your skin. Maybe you remember the recognition of a voice or perhaps the music playing. All those different experiences, the smells, the sight, the emotions, the brain stores in different places so when you recall something, you are bringing up many different aspects of a memory to make what you believe you remember. Your subconscious mind store thousands of similar events, feelings, or associations within it.
- Scientists are not really sure how memories are stored, but most agree that there is short and long term memory.
- Short-term memory or working memory lasts only a few seconds. However, if you repeat or think about it more, or there is something about the information that is important, it can be laid down in long-term memory, in a process called encoding, otherwise it is lost.
- Various memory systems tie new information onto old information that the brain has already laid down in long-term memory or they tie it to something silly or ridiculous in order to hold or encode the memory.

So to transfer information to long-term memory, the brain must encoded it.

- Hypnotherapists teach their client to think an Intellectual key word, like 'focus' or 'concentrate', allowing them to pay attention and therefore, the information is absorbed more easily, and more easily laid down in permanent memory.
- When a Hypnotherapist ties a suggestion onto a positive belief system, the new information drops down along with the old.
- Visualization or imagination is very powerful. When you combine imagination with association, you will maximize your memory and recall ability.
- Each of us has the power to change our lives and our future by changing the way we think and respond.



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- Hypnotherapy has demonstrated repeatedly throughout the years the brain's ability to reprogram itself and learn new information and handle new challenges.
- Our beliefs play into our memories.
- Since the 1980s, there have been serious studies on how the subconscious mind influences our present beliefs and our life.
- When you believe something, whether true or not, there is a confidence in that belief, a conviction of its truth. Therefore, you often express it dramatically with believability. The individual may cling to the memory even when it is proven impossible.
- Beliefs shape memories and memories, true or untrue, shape beliefs.
- Your client believes in past lives. When you regress him, you trigger his belief system. His expectation is that he will experience a past life. How will that affect his past life experience? Will he believe the experience? Yes. He expected to, he experienced the past life and felt emotions with it, so he will believe it.
- Let us add something else to the mix. He has just finished reading a story or watching a movie of a person living in the early 1900's. He enjoyed the book or movie and focused on it to the extent he went into a hypersuggestible state, Enviornmental Hypnosis. Do you think his focused hypersuggestible state might influence his past life experience? It very easily could. He may very well go back to a time in the early nineteen hundreds and experience similar events.
- When doing a regression always take into consideration the client's suggestibility and any problems your client has had.
- Some people just want to see if they can be regressed to a past life. Let us suppose your client is 80% Emotional and their subdominant suggestibility is only 20%. Add to that 60% Physical Sexual suggestibility. How do think this person would experience a regression?
- Do you think their fear of loss of control, or lack of trust, might make it difficult to regress this person to a past life? They would question the reality of the regression. Would your client analyze the experience as well as the suggestions you gave them? Of course, they would. 80% Emotional is very high so even if they are



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regressed, they may not be able to imagine a past life, although they could think about one. It would probably be something they read at sometime.

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