



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

171 - Memory, Brain Function, and Regression

- Past lives are fun and many people want to experience it.
- A high Physical client wants to be regressed to a past life. They will respond to the suggestions easily and quickly. They are capable of visualizing a scene and painting it with their visualization and emotions. They can turn events they view to different vantage points in their mind. They may be spontaneous as they unfold the scene before them or they may construct it as they go along. Because they "feel" the experience and it becomes real to them.
- Individuals who are Physical Suggestible are very creative and excellent visualizers. The higher they are on the Physical suggestibility scale, the more visual they usually are. They can see a whole scene in rich detail. Some create instantly and others create more slowly, as they add details.
- A high Physical or Somnambulist may smell a certain fragrance he/she has smelled before such as someone's perfume. They may feel the sunlight on their skin or hear the voices of those in their creation or it may even seem like it came out of nowhere. They may experience emotions they have felt before. They may experience the scene as if they are actually reliving their creation, whether real or imagined. They may feel the emotions and therefore believe that it is really happening or has happened in a past life.
- There are many degrees of suggestibility, but the higher a right-brain dominant individual is on the suggestibility scale, the more creative and colorful their creations will usually be.
- Because Physicals are creative, they can build a completely new creation based on what they have read or seen in a movie. Some may pull up a memory or fantasy image and may control the image or images.
- They may look at the scene from different perspectives and then fit it into what they would like it to be. This individual may fill in dates, times and events of a past life in detail and accuracy from something they have read, seen or heard or they are very interested in about from the past. They have an endless amount of information and inspiration to draw upon.



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- Usually those drawn to Past life regressions are Physicals and Somnambulists, which makes sense, because they can see and feel the scene giving believability to it.
- Emotional Suggestible Clients do not usually "see" the scene, but they have a sense of the scene, but are usually unable to imagine it well or get a clear image, if any.
- A very high Emotional may not be able to imagine the scene at all and often it is black and white, if they do manage to imagine or get a feel of what it looks like.
- The higher a left-brain dominant individual is on the suggestibility scale, the less they are able to be creative or even imagine. They may pull up a memory from a book or movie they saw but they will usually be unable to form a good image or build upon it. Left-brain individuals who are low on the suggestibility scale may be able to image a scene but they will usually only be able to see it from one perspective and if they try to add to it or change the scene that they have now imagined, it will be done slowly and more deliberately.
- Keep in mind that an Emotional will be regressed easier if they are overwhelmed with message units or their suggestibility is Emotional Somnambulist.
- A client who is a high Emotional (Left-brain dominant) may never experience a regression. If he did, his natural behavior would spill over into the regression. If they do experience a regression, it is usually based on expectation and they will bring up a memory from something in this life. Usually they will not be able to visualize it. They will imagine it and have difficulty forming what they are thinking in their mind. They will go away and analyze what they think they have experienced.
- Still other clients will experience a spontaneous regression.