

SAMPLE HYPNOSIS INDUCTIONS

In the interest of not extending the length of this book the hypnosis inductions that preceded the eighteen regressions have been abbreviated. However, they are much too beautiful to omit altogether. The transcripts of two inductions—one to a past life and the other to an inner age in this life—are reproduced here as samples.

Sample Induction to a Past Life

This induction was to my life as an Essene in the first century CE. For the regression that followed this induction, see chapter 2. Before we began, Pamela cued up a tape of nature sounds.

“So as you relax in the chair,” began Pamela, using her hypnosis voice, so soothing and calming, so soft and gentle, breathy—like a mother urging her baby to sleep, “*relax the jaws, relax the neck, relax the shoulders. That’s it. You’re here in the room. You can allow all the rest of the world, everything else, to be pushed away for this moment in time. In this moment in time there are no worries or cares. The doors are closed. We won’t be interrupted by the phone or the*

computer or by people. You're relaxing in the chair. The sound of my voice is very soothing. The sound of the birds is very soothing. Sometimes you might hear the sound of the tape recorder. All the sounds are familiar. *All* the sounds are comfortable.

"You begin to feel how comfortable it is to be in the chair. The chair feels *very* supportive, very, very relaxing. And in the chair you begin to *relax* your body now. You feel the back of the head resting against the chair and relaxing totally and completely. Perhaps you can even feel the flow of blood into the scalp, into the roots of the hair—that gentle pulse of the blood flowing, that life force that is present there at the top of the head and throughout the scalp. That's good," she purred.

"As you're listening to the sound of the birds you might even begin to imagine that you are somewhere out in nature—somewhere in nature that is *so* pleasant, *so* relaxing. You might indicate to me with that 'yes' or 'no' finger, do you like the feeling of sunlight? Yes? Good. Then imagine that you are in a deck chair or on a blanket. You are relaxed in the sunlight. You can feel the warmth of the sun shining on your face. And you feel right in the middle of your forehead, right where that third eye is, a kind of mini sun that begins to glow, to pulsate. As it glows and pulsates, that warmth flows across the forehead, around the temples and the back of the head and over the top and into the eyelids.

"That very gentle, relaxing warmth of that sunlight feels *so* pleasant on the eyelids, *so* pleasant on the forehead, the face. The eyelids relax—such a pleasant feeling for the eyelids to just let go and *relax* as the gentle, clean warmth of that light flows into the eyeballs, into the pupils, and into the lenses, into the muscles, into the nerves, into every part of the eyeballs. Light flows. The essence of your eyes is light. And as you're feeling that warmth of the sun it seems to you

there is a very beautiful white light as well—a spiritual light—gathering all around and behind the eyeballs, flowing into the brain and from the brain to the optic nerves and along the optic nerves into the lenses and all parts of the eyeballs. And every single cell, every single molecule and atom in your eyes, absorbs from that light the vibration, the frequency that that cell needs for its perfect form, its perfect function, for the perfect *balance* of the eyes. It flows into the tear ducts and *every* single part of your brain and your body that is involved with the eyes, and the eyesight is receiving this healing light. And it is *so, so* soothing, *so, so* pleasant to just let go and allow it to happen. To just let go and allow that healing to flow.

"And that warmth of that sunlight, as it seeps deep through the skin down, down, down through all the layers of the skin to deep within that *healing* energy of the sun, that *healing* energy of spiritual light, it relaxes the cheeks, relaxes the lips. The upper jaw and the lower jaw relax. The tight muscles, the tendons in the back of the neck and in the throat, they too relax. Your whole body just feels that relaxing feeling in that gentle, gentle warmth of the sun. Down the back of your neck is a *feeling* like warm liquid spreading outward, flowing, melting away tensions, melting away stress. And the neck relaxes. And as the neck relaxes the whole line of the spine *very* gently, *very* steadily is moved into perfect alignment in the neck, in the upper, middle, and lower back.

"And the upper chest, the torso, the back relax. That warm letting-go soothing feeling flows down the arms into the hands. So pleasant, so pleasant as the sounds in the background fade into the background, as you become aware of that rhythm, that flow of the healing energies within you, the warmth of the sun, the healing light, the blood that brings the oxygen and the nutrients down to the fingertips, to the thumbs. Down the line of the spine deep into the pelvis, the hips, into the abdomen, down into the thighs, and the

long thigh muscles relax. The knees, the calves relax. Healing energy flowing into bone and to muscle and tendons and ligaments, into joints and nerves.

“The body feels content. The body feels relaxed as that healing energy flows with the blood flow into the heels and into the soles and into the toes of your feet. And the subconscious now uses that healing energy to move the feet into *perfect* alignment and you think of your whole skeletal system. Every bone moves into its perfect place slowly, steadily, gently. Every bone, every joint, every ligament and tendon, every muscle and nerve being moved into its *perfect* placement as the body in its wisdom under the powerful direction of the subconscious mind uses these powerful healing energies and aligns itself—aligns itself for its perfect health, for its perfect balance, for its perfect harmony.

“Every gland and organ moves into its perfect place, every bone moving into its perfect place as the whole skeletal-muscular system balances. With every breath that you take, this continues. It continues as you breathe. It continues in your waking state. It continues in your sleeping state. The muscles and the bones and the ligaments and the tendons and the joints *all* move into that perfect balance for the perfect form of every part of the body.

“Now as I say the number 100, focus on the number as though it were there on a black curtain in your mind, as though the number 100 were to appear. And then as you watch it, it fades into the blackness and disappears. The number 99 now appears. Perhaps very faint, perhaps very vivid. But look at it for a moment, where it would be on that black curtain in your mind. The number 99 now disappears into the blackness. And as we ask for 98, it begins to form and then fades away. Watching the numbers now as the conscious mind fades away with it. And now 97 fading away into

the blackness, into that peace and comfort. That’s it. Fading away. Now letting go.

“You feel now the awareness of yourself—of your light. As you feel the lightness of your light, of your spirit, you begin to *feel* yourself drifting, drifting back in time. And as you feel yourself drifting back through time, the conscious mind goes into its perfect place of rest, its perfect place and space of rest. Fading away now that conscious mind, becoming the observer, the watcher through time.

“As you now drift through the centuries, past the nineteenth, eighteenth, a hundred years go by. Past the seventeenth century and the sixteenth, through the fifteenth and the fourteenth century, just drifting back, back through that tunnel of time, giving yourself up to it, and allowing it to just draw you back. The twelfth century, the eleventh passes through. Good. Another hundred years, the tenth passes by. Going back so quickly now—the ninth, eighth, seventh, sixth, back through that tunnel of time, fifth, fourth, back through the third, the second, and into the first century.

“Back into that first half of the first century, into the body, into the being that you are in the first century. Back into that first half of the first century, finding the body of the Essene that you are. Shifting *into* that awareness. Becoming aware of yourself there in the time of the first century in the body that you have now in that first century, into the awareness, into the sense of knowing of self in that first century as the Essene. Taking a moment to become aware of your bearings, becoming very aware of your feet. And tell me now, as you hear the sound of your own voice it anchors you more and more firmly into this time and place in the first century as I ask you: Your feet—are your feet covered or bare?”

(Regression continues on page 16.)

Sample Induction to an Inner Age

This induction was to my fetus in this life. (For the regression that followed this induction, see chapter 6.) By the time we did this regression, I had learned to relax my body with the initial deep breaths, and Pamela could focus more on the regression's spiritual purpose. Before we started, Pamela cued up a tape of the sounds of a gentle wind.

Okay. Sit back. Relax. You might think to yourself: 'As my physical eyes grow stronger, as my physical vision gains greater focus, and as my physical ability to see improves daily, my psychic vision is improving, too. I am open and willing to see spiritually. I am willing and open to seeing mentally, the mental realms. Daily, my psychic vision is opening. I see on the screen of my mind visual pictures, images that are symbolic of the communication I am receiving from mind and spirit. And my ability to discern the meaning of the images I see is clear and strong because I am hearing from my Higher Self and it tells me the meaning of my visions. I am growing more comfortable with the thought of having visions as I grow more knowledgeable about the meaning of visions, as I connect more and more with my Higher Self that can tell me the meaning of the visions, of the images, I see psychically.' Good.

"And then with the next deep breath you notice the whole torso of your body is relaxing. The very soothing sounds—the sound of the wind, the sound of my voice—and your body feels safe to relax into those sounds. Your body, your human coming to trust that the goal we have here is to bring to it greater comfort, greater acceptance, greater love, greater ease in the world, that we are seeking to and working towards helping your emotional self, your human, your body to

recognize its needs, to recognize its powerful part in your purpose, in your life, and its reasons for being. And we are opening you more and more to that joy, that willingness to live your life in joy, to choose the actions, to choose in your life what brings you joy in the physical level, as well as the emotional, the mental, and the spiritual levels—for all levels of you—recognizing that they are important and we are working to bring them joy.

"And now as you are listening and feeling physically comfortable, the conscious mind would like to go to a comfortable space and place where it can listen and be aware without feeling, without comment, without judgment. Trusting that the 'baby you' has what is needed to help it in this session, which is that Higher Self part of you. And you will watch them work, how marvelously this unfolds. Good.

"Now on the black curtain in your mind, you see the number 100 appear. As you watch it, it fades into the blackness and disappears. The number 99 now appears and then disappears into the blackness. Now 98 begins to form and then fades away. You see 97 as it fades and fades away into the blackness, that peace and comfort. That's it. Fading away. Now letting go.

"As now time begins to drift by, receding now, going back in the mind, back through time. As you move back through time, beginning to feel or imagine the sensation of the body getting younger and younger. And as you move back through your teens now the body, as you move back each year, becoming smaller and smaller. Smaller and smaller. That's it. Moving back through ten, nine, eight, seven, six—moving back to five, the arms shorter, the legs shorter. That's it. The torso growing smaller at four, three, two—a toddler now. The toddler Ann at one. Now the arms and legs even shorter, the body smaller now before one. Smaller yet. That's it. And now the baby with the arms and legs now so small as the baby is

unable to walk at this point and getting even smaller, going back to the newborn. And now back within that womb. Back within the womb with the sounds there in the womb, that feeling being in the womb and that closed space, that's it.

“And now going back, the body—the arms, legs—even smaller. You're that little embryo there in the womb, the baby in the womb. I shall call you baby. I shall call you the baby that's there in the womb. Now go to the sad feelings, baby.”

(Regression continues on page 57.)