

Hypnotic Age Regression Techniques That Work

By Roberta A. Swartz

While having a discussion on a social network forum, someone posted the question, "Can anyone tell me some good inductions for age regression?" Since I have developed many creative ways to help clients experience hypnotic age regression, it was difficult to keep my response to one example. "Who else can I share more ideas with?" I asked myself, and I immediately began to write this article for the ACHE newsletter! I hope you can find the information and ideas useful. Please change and add to what is being presented if you feel so inclined, for that is the beauty of hypnotherapy.

1. Photo Album Technique

Have your client imagine looking at a photo album, starting from the back. "Turn the page and see yourself present day in color." (get Ideomotor or other confirmation throughout) Continue to have them turn pages backwards, growing younger and smaller. Use this to deepen their trance. When they get to the age of the memory that is ready for review, I usually have the pictures turn to black and white. This creates a gentle dissociation. Once they get to the time frame desired, use the picture to transport them into a pinpoint memory retrieval.

Have your client choose the cover of the album to represent peace and relaxation. You can use this to move their mind between the memory feelings and those of inner peace which are self regulated. Each time they "open and close" the album they are navigating their own mind and opening and closing information as appropriately self determined. You can use this during your analytic hypnosis and re-education process.

Once the memories have been reviewed and new information is understood and integrated, have them take the old pictures out and replace them with current ones that are pleasing to them. Let your client determine what they want to do with the old pictures. What is most important is that the photos and their emotional impact are transformed. Never have them "stored away in a box in a closet" for example. Rather, help your client get rid of the old photos in a ceremony which occurs with their present day self (adult ego) and their younger self (child ego). Once accomplished and you have given your suggestions, have the "adult" and "child" melt back together as one. Some examples for hypnotic age regression through imagery include:

Imagine they are enjoying a campfire and they burn the pictures. The flames turn into their color for relaxation.

Imagine taking the old pictures and burying them into the earth somewhere that is meaningful to them. Use a time frame and as they watch, the earth gently dissipates the pictures and they return to the earth. In that place a tree starts to grow. Have your client choose the type of tree. Once the tree fully matures, their adult self and their younger self can enjoy it. They can climb in it, sit and relax while you give your suggestions or they can eat the sweet fruit. Use your own imagination to match your client's choices.

Turn the old pictures into a child's storybook. Change them into silly pictures that your client determines and be sure to get feedback that can be used for your suggestions. Have your client read the story to their younger self at bedtime. Help your client re-write the story so that it is appropriate and beneficial based on the new feelings they are developing between their own ego states. Get feedback regarding your client's feelings and be sure they are peaceful and loving. You can then have them "go to sleep" while you give your suggestions.

2. Cloud Floating Technique

Have your client imagine being outside on the perfect day. On this day, as your client gazes at the deep blue sky, there is one puffy white cloud just resting there. It is in the shape of a heart. The cloud descends

until it rests on the ground right in front of her. She climbs into the cloud and it wraps around her like a blanket of softness.

You can use the cloud to deepen your client's relaxation. As your client drifts upward towards the sky, she relaxes on down even more, deeper and deeper. She can trust the soft support beneath her. You can use the cloud to create anesthesia as it touches your client's skin, and as she breathes it in. You can induce somnambulism or even the coma state, as she becomes the cloud.

Use the cloud as a vehicle of transport back in time. As your client "looks down below" she can see rooftops. She sees the rooftop from her house from whatever time period is being called in for review and then can see right through the rooftop to explore what is happening within.

If your client needs to be removed and dissociated from the scene, let her remain on the cloud as you work through analytical hypnotherapy. Otherwise you can move your client right down from the cloud into the home environment or place of occurrence for the memory that needs to be reviewed.

Your client can travel from one memory to another upon the cloud in this manner. Each time your clients goes up and then back down it deepens the trance state.

3. Merry-go-round Technique

Have your client imagine a merry-go-round, complete with all of the animals, music and mirrors. Your client chooses where to sit and climbs upon the ride. Get confirmation and use deepening techniques as needed.

This is a very unusual merry-go-round for two reasons. One is that it goes around backwards. The second is that as you go around backwards, you grow younger and smaller. Have your client imagine their current family, or their mother and father, standing there on the outside, watching them on the merry-go-round. As you begin to move "up, down and around, backward", they wave as they pass their family. Have the family members appear younger or even disappear as time moves backwards.

As the merry-go-round comes to a stop, have your client look over her shoulder to the center mirror where she can see her own reflection. Get confirmation throughout. Use the center mirror to trigger a pinpoint age regression based on what needs to be reviewed.

At the end of the session you can have your client's animal become real as they ride off of the carousel and explore new territory. In addition, I have used this technique for both womb regressions and past life regressions with great results.

Roberta Swartz has worked as a Clinical Hypnotherapist for over 27 years:
<http://www.hypnosis4yourlife.com>. Her new book *Me, Myself and Mind* is now available for purchase on amazon. For an inside look at the book you can visit <http://www.memyselfandmind.com>.