

DAILY READING

DAY 9

Regression Introduction

An initial intention for this program is to establish some fundamental facilitation skills and convey a feeling for the flow of a Healing Process. Having these skills in our "toolbox" will allow us to be in our hearts and totally present with another while we also have access to our inner guidance, our intuition and the skills to address any situation.

There are 4 basic skills that most of our on-line facilitation work will make use of. We have covered two of these:

- Active Listening (Be Silent, Echo & What do you mean by....)
- Reframing (What want?, What doing to get it?, How's that working?)

A third skill that is basic to doing facilitation work is Regression.

- The fourth skill, Positive Intent, will be covered later in this program.

The essence of Regression is to go down into the pain as follows:

- Exaggerate feeling
- Let it take you back
- Experience situation (usually a childhood trauma)
- Redo (rescript) situation with a positive outcome

Today, we will work with The Regression Process, which is an expanded version of these 4 steps. We will follow this step by step process to take someone into and through a regression and work to resolve an issue at its source.

One key to facilitating this process is to be aware of how deeply a person is in an Altered State or Trance State (like being in the Zone or in Flow).

By taking your time as a facilitator with the regression step (below), you can deepen the altered state which increases the power of the process.

The Regression step: Now let this voice take you back. Follow your body back to an earlier time when you felt that way. Go back in time, maybe back to the first time you felt this feeling. Let your body take you back, let this voice take you back, back in time.

Always treat Trance Work with respect and care. Simply follow the person while they are on their inner journey.

You can repeat the following often "Move the clock forward now. What's happening now?" Repeat "and then what happens" until complete. Speak to the person as if they are in the event now. i.e. use: "what's happening now" versus "what happened then" (past tense)

REGRESSION I - The Regression Process

Data: Describe the Data or facts around this issue.

Judgment: What are the Judgments you have around this Data?

Locate in body: Close your eyes. Where in your body do you feel these Judgments?

Feeling: Describe the Feeling.

Shape, Size, Color: If that feeling were an object, what shape would it be? What size is it? What color?

Voice: Now give it a voice. What words is it saying? Say it again – louder this time.

Regression: Now let this voice take you back. Follow your body back to an earlier time when you felt that way. Go back in time, maybe back to the first time you felt that feeling. Let your body take you back, let this voice take you back, back in time.

Wound: What's happening? Who's there? How old are you? What's happening?
REPEAT "And then what happens...?" Until trauma is complete.

Release: Allow release of emotions as they come up.

Shadow: What are the messages you are getting right now? What decisions are you making? What beliefs and judgments are you taking on? What behaviors / reactions are you learning and adopting from this?

Healing: Now go back in time to just before this experience. Turn back the clock and bring your adult self into the picture. Would you like to go back through this experience with his/her help this time? Ask him/her to help you. O.K. Turn the clock forward now and see what happens this time. What's happening? Repeat "and then what happens" until complete.

Empowerment: What messages are you getting now? What decisions are you making? What new behavior choices do you have available now? That's great. Now become your adult self. I invite you to create a safe place inside of you and ask the child if it would like to go to that safe place and be with you forever. Do that now.

Return: "Slowly return to this room. How do you feel? Is there anything else you need to complete this?"

MENTORS SESSION GUIDE

DAYS 9 & 10

INTENTION

- To introduce Regression
- To do The Regression Process on an Emotional issue
- A is Mentor on Day 9. B is Mentor on Day 10.

CHECK-IN

Mentor:

Let's check-in. As we did last session, please share how you are feeling physically as well as emotionally today. Remember to use I-statements and the 5 feelings and also confirm that you have done the Reading for today. I'll start.

[both partners check in]

INTRODUCTION: REGRESSION

Today, you will get to experience a healing process which is called Regression. Regression involves taking a person, back into a conscious or more likely, a suppressed memory, to heal an issue at its source.

Key steps to most regressions include taking a person back in time to a traumatic event; Experiencing the event, only now from an adults perspective; and then re-doing the event with a positive outcome.

This process often reduces or eliminates the emotional trigger we may have around encountering certain situations in our life.

To keep this simple, I'd like to take you through this regression process as an opportunity to work on an emotional issue you may have.

THE REGRESSION PROCESS

Is there a current or chronic issue that tends to trigger strong emotions in you?
Something that brings up feelings of sadness or anger for you?

Please describe the data or facts around this issue.

What are the judgments you have around this data?

Thank you. I invite you to now close your eyes and take a deep breath. What feeling is coming up for you around this issue and these judgements? Describe this feeling as best you can.

Where in your body do you feel this?

If that feeling were an object, what shape would it be? What size? What color?

Now give it a voice. What words is it saying? Say it again – louder this time.

Now let this voice take you back in time.

Follow your body back to an earlier time when you felt this way.

Go back in time, maybe back to the first time you felt this feeling.

Let your body take you back, let this voice take you back, back in time.

What's happening? Who's there?

How old are you? What's happening? And then what happens...?

(Repeat "and then what happens?" until trauma is complete.)

(Allow release of emotions as they come up.)

What are the messages you are getting right now?

What decisions are you making?

What beliefs and judgments are you taking on?

What behaviors and reactions are you learning and adopting from this?

Is there something else that is coming up for you?

O.K. now take a breath and go back in time to just before this experience started.

Turn back the clock and what's happening now before this event started?

O.K. Now bring in *your adult self* to be with you here.

(Adult self: your future or grown up self who can go back in time to be with you here. If child distrusts adults, bring in an animal, superhero or the Army, etc.)

Would you like to go back through this experience now, only with their help this time?

Ask them if they will help you through this.

O.K. Now, turn the clock forward slowly now and see what happens this time.

What's happening? And then what happens?

(Repeat "and then what happens" until complete.)

What messages are you getting now? What decisions are you making?

What new behavior choices do you have available now? That's great.

Now become your adult self.

Ask the child if they would like to go to a safe place with you and never have to experience this pain again.

Create a safe and loving place in your heart and bring the child there. Take some time to care for and nurture the child and make sure they have everything they need.

CLOSURE & RETURN

When complete, say goodbye for now and allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today?

How do you feel? How was that for you?

I invite you to observe yourself in the next few weeks and see how you now respond to situations, that used to trigger you as you described earlier. You may notice your responses to be quite different now.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT CALL

HOMEWORK

Person B - Please review the Daily Reading for Day 9.