

Garden Script - Initial Induction

Close your eyes (*Client's Name*) and the first thing we are going to do is to relax the body and then we will go on to relax the mind. So ... to relax the body ... the first thing to do is take a deep breath ... now just concentrate on your breathing for a few moments ... slow ... steady ... deep breaths ... because breathing is all-important to help your body relax ... and it also helps you to focus on your body and become aware of your body more and more ... and the tensions held there in the muscles.

Now allow your breathing to become normal and relaxed ... slow ... steady ... normal ... gentle ... rhythmic breaths ... and as your breathing becomes slow and gentle ... the next thing I would like you to do ... to help relax the body further ... is to look inside your forehead as if it was a screen and I want you to imagine on that screen the word relax ... just see the word relax ... Concentrate on the word relax and become aware of those tiny little muscles in your forehead ... and the little bits of tension they hold onto ... and I want you to just let that tension go. Feel those tiny little muscles release ...

We carry a lot of tension in the muscles from the everyday stresses and strains of life ... but by being aware of this tension ... we can let it go and allow the body to relax more and more.

So now bring this awareness down to your jaw ... feeling how tightly it is held together ... how clenched the teeth are ... and I want you to feel your jaw loosen ... allowing it to drop slightly as it reaches its most naturally comfortable position ... free of stress and tension.

And as your jaw relaxes more ... take your awareness down onto your shoulders ... another area where we carry a lot of tension ... feel the shoulders loosen ... feel that tension just melting away.

Now ... as your shoulders relax more and more ... concentrate on the muscles on either side of your spine ... letting those muscles soften ... allowing that tension to leave your body now.

And as you do this exercise (*Client's Name*) you become aware of how heavy and relaxed your body is feeling as you just let the tension go. You feel your body just sinking into the chair you are sitting in ... let the chair do all the work of supporting your body ... give your body up to the chair as it rests completely.

And now to the chest ... and down to the stomach ... feeling more relaxed all the time ... further down to the pelvic area now ... and feel this wonderful wave of relaxation flowing down further ... to the thighs ... the knees ... calves and shins ... and onto the ankles and feet.

A wonderful feeling of relaxation passing down through your body ... feel this feeling at your shoulders once more ... and bring it down your arms ... wrists ... and hands.

You are now beautifully calm and relaxed ... and from now on (*Client's Name*) every time you hear the words calm and relaxed ... you will drift deeper and deeper into this wonderful feeling of relaxation ... every time you hear the words calm and relaxed ... you will drift deeper ... and deeper.

It is a lovely feeling being warm ... comfortable ... calm and relaxed ... and now as you allow your body to relax completely ... fully supported by the chair you are in ... just let it rest there ... as you now go on a journey in your imagination.

Just use your imagination for me (*Client's Name*) and find yourself in a beautiful garden on a warm summer's day ... just imagine yourself standing here in this beautiful place ... the air is warm and still and the sun is shining ... imagine a beautiful clear

blue sky ... and all around you there are wonderful flowers ... trees and shrubs ... become aware of the beautiful colours of the flowers ... smell the fragrance of the blossoms on that warm summer air ... watch little butterflies as they dance around ... their lovely coloured wings catching the sunlight ... and you can hear birds singing in the trees ... and in the background ... there's a gentle hum of insects.

And the feeling you get in this beautiful place is one of peace ... and tranquillity ... and this wonderful feeling allows you to drift deeper and deeper ... becoming more calm and relaxed as each moment passes.

And now ... as you stroll through this beautiful place ... taking in the sights and sounds of nature ... I want you to discover some steps ... ten steps which will lead you down to a lower level in the garden ... Just imagine yourself standing at the top of these ten steps ... you can choose what they look like ... what they are made of ... how they feel beneath your feet ... In a moment I will ask you to walk down these steps ... and you will find that with each step you take ... you will drift deeper and deeper into this wonderful relaxing feeling ... with each step you take ... you will drift deeper and deeper ... and as you walk down the steps I will count them down for you.

Just to let me know that you are aware of the steps in front of you now (*Client's Name*) please indicate that to me by slightly lifting a hand ... (*wait for a response. Repeat if no response*) ... good, thank you ... now make your way down the steps ... 10 ... 9 ... 8 ... feel a wonderful sinking feeling with each step you take ... 7 ... 6 ... drifting deeper and deeper ... 5 ... drifting down and down ... 4 ... (*pace numbers with client's breathing*) ... 3 ... 2 ... deeper now ... 1 ... and onto a lower level.

You are now in an even more beautiful part of the garden ... and over to your right is a comfortable ... reclining garden chair ... please make your way over to this chair and settle yourself down

... and as you settle, feeling so warm ... comfortable ... calm and relaxed ... you close your eyes ... feel the warmth of the sun on your face ... and drift away ... just drift away ... drift deeper ... drift deeper and deeper ... into a wonderful deep ... deep feeling of relaxation *(continue to deepen if you feel it is appropriate)*

And now in this beautiful state of relaxation ... we have access to your subconscious mind ... and that part of you is willing and able to allow you to continue this journey to that part of you where your past life memories can be discovered.

Garden Script - Return

OK (*Client's Name*) Now it is time to return ... It is important to always return the same way ... I want you to leave the chair now and make your way back to the foot of the steps again ... The ten steps which will lead you back to normality ... back to the present. I will count you up as you climb. Make your climb now ... 1 ... 2 ... 3 ... 4 ... 5 ... mind and body slowly returning to normality now ... 6 ... 7 ... 8 ... 9 ... 10 ... mind and body fully refreshed and returned to normality.

Garden Script - Second Induction

Make sure you are comfortable and relaxed once more and close your eyes.

Once again (*Client's Name*) ... take a few deep breaths and blow away any tension that you are aware of in your body ... Just feel all those muscles relax once more as your body starts to feel calm and relaxed once again ... feel all that tension going ... This beautiful feeling of calmness is passing all through your body again ...

Now you are beautifully calm and relaxed calm and relaxed.

Imagine again that beautiful terraced garden. That warm summer's day in this tranquil place ... Stroll through the garden to the steps which lead down to the lower terrace. In a moment ... once more ... I will ask you to walk down these steps ... and with each step you take ... you will feel more and more calm and relaxed ... with each step you take you will feel more calm and relaxed, and as before ... as you walk down these steps ... I will count you down.

Now ... make your way down the steps 10 ... 9 ... 8 ... 7 ... 6 ... getting calmer and calmer ... 5 ... 4 ... 3 ... 2 ... 1 ... 0 ... you are now in that part of the garden where you find the chair ...

Garden Script - Past Life Journey

From the foot of the steps:

You needn't go to the chair now. Just know that it is there as a place of safety to return to, should you get lost or confused when exploring your past lives. Just find yourself on a pathway which now stretches away in front of you.

As you look down the path ... on one side you will see a row of trees and on the other side, you will see a high wall. All along this wall, you can see many ... many doors. Each door is an access to your past ... each door represents a year ... As you go down the path ... the further you go ... the further back in time you go. Each door has a number written above it ... showing you the year.

Now I want you to make your way down the path ... back in time ... Look at the numbers above the doors, counting down as you go further down the path ... Go past the nineteen-nineties ... the eighties ... the seventies ... ever onward. *(Depending on their year of birth in this life)* Go past the year you were born in this present life and go further and further.

Now I want you to look for a door ... a door which stands out ... a door which has a past life behind it ... Look for a door which stands out from the others ... one you are drawn to. I will give you a few moments to find one ...

Give them a short while to home in on a door. If they go quiet for more than a couple of minutes, prompt them by repeating the above section.

Once they indicate they have found one:

To help you focus on this time, this life, please describe this door to me and see if you can see a number written above this door.

Wait for a description.

Now I want you to enter this door and once on the other side ... close it behind you ... but know it will be right behind you at any time should you wish to leave and return to the pathway.

Garden - Return from Past Life Journey

Whilst still in past life or Life Between Lives journey:

Let those images fade now and I want you to be aware of the door that is behind you that you used to come into this life ... turn and face it ... open it ... and step back out onto the pathway there in the garden ... closing the door tightly behind you, making sure it is properly closed.

You can do one of two things now. You can get your client to look for another door, another life, or if you have finished exploring continue with this:

Make your way back up the path in the direction of the chair and the steps and as you walk up the path bring back with you only those memories which you wish to keep and thank your subconscious for providing you with this insight into your past ... Make your way up through the years into the 1900s now *(depending on the date of the life you have just left)* ... up to the 1950s now ... the 1960s ... the 1970s ... past the 1980s now and into the 1990s and finally past the last door (present year) and make your way over to the foot of the steps.

Building Script - Initial Induction

Now (*Client's Name*) ... make yourself comfortable and relax. Just close your eyes and take a few deep breaths. Just concentrate on your breathing for a few moments ... gentle, steady, rhythmic breaths. Feel warm ... comfortable and relaxed.

Now I want you to look inside your forehead as if it was a screen and see the word relax ... see the word relax. Concentrate on the word relax and feel the tiny muscles in your forehead loosen ... feel all that tension going. Now bring that feeling down to your jaw and feel it relax ... and onto the shoulders and down to the muscles on either side of your spine ... feel the tension just melting away ... Now bring this feeling to the chest and down to the stomach ... feeling more relaxed all the time ... Now down to the pelvic area ... the thighs ... knees ... calves and shins and on to the ankles and feet. A beautiful feeling of calmness all through your body ... now bring this feeling up to your shoulders again and bring it down your arms ... wrists and hands

Now you are beautifully calm and relaxed ... calm and relaxed and from now on (*Client's Name*) ... every time you hear the words calm and relaxed ... you will drift deeper into this beautiful relaxing feeling. Every time you hear the words calm and relaxed ... you will drift deeper and deeper.

Now I want you to use your imagination ... just use your imagination and find yourself on the flat roof of a building. This roof is very large and there is a wall around the edges which makes you feel perfectly safe ... beyond the wall you can see breathtaking views of the surrounding countryside ... just slowly turn around and take in this beautiful scene.

At one corner of this roof is a small square raised building with a door ... just make your way over to this door ... open it and walk

inside ... you now walk onto a soft thick-piled carpet ... you can choose the colour.

In front of you, there are some stairs ... there are ten steps leading down ... in a moment I will ask you to walk down these stairs and with each step you take you will feel more and more calm and relaxed ... with each step you take you will feel more and more calm and relaxed ... and in a moment when I ask you to walk down these stairs I will help by counting them down for you ... just to indicate to me that you can see the stairs in front of you now ... please raise a hand.

Wait for response

Thank you ... make your climb down now ... 10 ... 9 ... 8 ... 7 ... 6 ... drifting deeper and deeper with each step you take ... 5 ... 4 ... 3 ... 2 ... 1 ... and step onto the floor of a beautiful hallway ... Over to your right is a big comfortable armchair beside a roaring log fire ... make your way over to the chair and settle yourself down ... as you sink into the chair ... listening to the gentle crackle of the fire ... just close your eyes and drift deeper and deeper ... drift deeper and deeper ...

Building Script - The return

Now it is time to return to normality so just leave the chair and make your way over to the foot of the stairs and I will count you up to the top ... and in doing so I will bring you back to normal consciousness ... make your climb now ... 1 ... 2 ... 3 ... 4 ... 5 ... mind and body slowly returning to normality ... 6 ... 7 ... 8 ... 9 ... 10 ... fully refreshed ... fully back to normality ... and when you feel ready you can open your eyes.

Building Script - Second induction

Close your eyes and take a nice deep breath and start to find yourself returning to that wonderful feeling of being calm and relaxed ... just scan your body to see if there is any tension that you are still aware of and just breathe it away ... allow your body to be fully supported by the chair (*or couch*) you are sitting (*or lying*) in ... and as your body fully relaxes once more ... find yourself on the roof once again ... making your way towards the door ... open the door and walk through to the stairs ... and as before I will count you down ... Make your climb down now ... 10 ... 9 ... 8 ... 7 ... 6 ... drifting deeper and deeper with each step you take ... 5 ... 4 ... 3 ... 2 ... 1 ... and step onto the floor of the beautiful hallway ...

Building Script - Past Life Journey

From the foot of the stairs.

Find yourself in the hallway and you will notice that it stretches away in front of you past the chair and into the distance. As you look down the hallway ... on one side you will see many ... many doors. Each door is an access to your past ... each door represents a year ... As you go down the hallway ... the further you go ... the further back in time you go. Each door has a number written above it ... showing you the year.

Now I want you to make your way down the hallway ... back in time ... Look at the numbers above the doors counting down as you go further down the hallway ... Go past the nineteen nineties ... the eighties ... the seventies ... ever onward. *(Depending on their year of birth in this life)* Go past the year you were born in this present life and go further and further.

Now I want you to look for a door ... a door which stands out ... a door which has a past life behind it ... look for a door which stands out from the others ... one you are drawn to. I will give you a few moments to find one ...

Give them a short while to home in on a door. If they go quiet for more than a couple of minutes, prompt them by repeating the above section.

Once they indicate they have found one:

To help you focus on this time, this life, please describe this door to me and see if you can see a number written above this door.

Wait for a description.

Now I want you to enter this door and once on the other side ...
close it behind you ... but know it will be right behind you at any
time should you wish to leave and return to the pathway.

Building - Return from Past Life Journey

Whilst still in past life or Life Between Lives journey:

Let those images fade now and I want you to be aware of the door that is behind you that you used to come into this life ... Turn and face it ... open it ... and step back out into the hallway ... closing the door tightly behind you, making sure it is properly closed.

You can do one of two things now. You can get your client to look for another door, another life, or if you have finished exploring continue with this:

Make your way back up the hallway in the direction of the chair and the stairs and as you walk up the hallway bring back with you only those memories which you wish to keep ... thanking your subconscious for providing you with this insight into your past ... make your way up through the years into the 1900s now *(depending on the date of the life you have just left)* ... up to the 1950s now ... the 1960s ... the 1970s ... past the 1980s now and into the 1990s and finally past the last door (present year) and make your way over to the foot of the stairs

Beach Script - Initial Induction

Close your eyes (*Client's Name*) and the first thing we are going to do is to relax the body and then we will go on to relax the mind. So ... to relax the body ... the first thing to do is take a deep breath ... now just concentrate on your breathing for a few moments ... slow ... steady ... deep breaths ... because breathing is all-important to help your body relax ... and it also helps you to focus on your body and become aware of your body more and more ... and the tensions held there in the muscles.

Now allow your breathing to become normal and relaxed ... slow ... steady ... normal ... gentle ... rhythmic breaths ... and as your breathing becomes slow and gentle ... the next thing I would like you to do ... to help relax the body further ... is to look inside your forehead as if it was a screen and I want you to imagine on that screen the word relax ... just see the word relax ... Concentrate on the word relax and become aware of those tiny little muscles in your forehead ... and the little bits of tension they hold onto ... and I want you to just let that tension go. Feel those tiny little muscles release ...

We carry a lot of tension in the muscles from the everyday stresses and strains of life ... but by being aware of this tension ... we can let it go and allow the body to relax more and more.

So now bring this awareness down to your jaw ... feeling how tightly it is held together ... how clenched the teeth are ... and I want you to feel your jaw loosen ... allowing it to drop slightly as it reaches its most naturally comfortable position ... free of stress and tension.

And as your jaw relaxes more ... take your awareness down onto your shoulders ... another area where we carry a lot of tension ... feel the shoulders loosen ... feel that tension just melting away.

Now ... as your shoulders relax more and more ... concentrate on the muscles on either side of your spine ... letting those muscles soften ... allowing that tension to leave your body now.

And as you do this exercise (*Client's Name*) you become aware of how heavy and relaxed your body is feeling as you just let the tension go. You feel your body just sinking into the chair you are sitting in ... let the chair do all the work of supporting your body ... give your body up to the chair as it rests completely.

And now to the chest ... and down to the stomach ... feeling more relaxed all the time ... further down to the pelvic area now ... and feel this wonderful wave of relaxation flowing down further ... to the thighs ... the knees ... calves and shins ... and onto the ankles and feet.

A wonderful feeling of relaxation passing down through your body ... feel this feeling at your shoulders once more ... and bring it down your arms ... wrists ... and hands.

You are now beautifully calm and relaxed ... and from now on (*Client's Name*) every time you hear the words calm and relaxed ... you will drift deeper and deeper into this wonderful feeling of relaxation ... every time you hear the words calm and relaxed ... you will drift deeper ... and deeper.

It is a lovely feeling being warm ... comfortable ... calm and relaxed ... and now as you allow your body to relax completely ... fully supported by the chair you are in ... just let it rest there ... as you now go on a journey in your imagination.

Just use your imagination for me (*Client's Name*) and find yourself on the top of a cliff overlooking the sea. It is a beautiful warm day with a clear blue sky ... a gentle sea breeze feels cooling in the hot sun ... it is just the right temperature for you.

In front of you, there are some steps built into the cliff and these

take you down to the sandy beach ... there are ten steps ... Just imagine yourself standing at the top of these ten steps ... you can choose what they look like ... and how they feel beneath your feet ... In a moment I will ask you to walk down these steps ... and you will find that with each step you take ... you will drift deeper and deeper into this wonderful relaxing feeling ... with each step you take ... you will drift deeper and deeper ... and as you walk down the steps I will count them down for you.

Just to let me know that you are aware of the steps in front of you now *(Client's Name)* please indicate that to me by slightly lifting a hand ... *(wait for a response. Repeat if no response)* ... good, thank you ... now make your way down the steps ... 10 ... 9 ... 8 ... feel a wonderful sinking feeling with each step you take ... 7 ... 6 ... drifting deeper and deeper ... 5 ... drifting down and down ... 4 ... *(pace numbers with client's breathing)* ... 3 ... 2 ... deeper now ... 1 ... and onto the beach.

As you stand on this beach looking out to sea you find that it is deserted ... there is just you ... you have the whole place to yourself to explore. Near the cliff, sheltered from the wind you see a comfortable ... reclining outdoor chair ... please make your way over to this chair and settle yourself down ... and as you settle, feeling so warm ... comfortable ... calm and relaxed ... you close your eyes ... feel the warmth of the sun on your face ... and drift away ... just drift away ... drift deeper ... drift deeper and deeper ... into a wonderful deep ... deep feeling of relaxation *(continue to deepen if you feel it is appropriate)*

And now in this beautiful state of relaxation ... we have access to your subconscious mind ... and that part of you is willing and able to allow you to continue this journey to that part of you where your future life *(or past)* memories can be discovered.

Beach Script - The Return

OK (*Client's Name*) Now it is time to return ... It is important to always return the same way ... I want you to leave the chair now and make your way back to the foot of the steps again ... The ten steps which will lead you back to normality ... back to the present. I will count you up as you climb. Make your climb now ... 1 ... 2 ... 3 ... 4 ... 5 ... mind and body slowly returning to normality now ... 6 ... 7 ... 8 ... 9 ... 10 ... mind and body fully refreshed and returned to normality.

Beach Script - Second Induction

Make sure you are comfortable and relaxed once more and close your eyes.

Once again (*Client's Name*) ... take a few deep breaths and blow away any tension that you are aware of in your body ... Just feel all those muscles relax once more as your body starts to feel calm and relaxed once again ... feel all that tension going ... This beautiful feeling of calmness is passing all through your body again ...

Now you are beautifully calm and relaxed calm and relaxed.

Imagine again that beautiful cliff top that leads you down to the beach ... Stroll towards the edge of the cliff ... to the steps that lead down onto the sand.

In a moment ... once more ... I will ask you to walk down these steps ... and with each step you take ... you will feel more and more calm and relaxed ... with each step you take, you will feel more calm and relaxed and, as before, ... as you walk down these steps ... I will count you down.

Now ... make your way down the steps 10 ... 9 ... 8 ... 7 ... 6 ... getting calmer and calmer ... 5 ... 4 ... 3 ... 2 ... 1 ... you are now on the beach where you find the chair ...

Beach Script - Past Life Journey

From the foot of the steps:

You need not go to the chair now. Just know that it is there as a place of safety to return to should you get lost or confused when exploring your past or future lives. Just find yourself on the sand, which now stretches away in both directions.

If you look to your left you will see a very long row of cave entrances built into the cliff ... these will lead you to your previous lives ...

Now I want you to leave the chair and make your way to the right ... to your future lives ... passing all the caves representing your present life ... you may only see a few ... and now you are passing all the caves which will lead you to your future lives.

Now I want you to look for a cave ... one that stands out from the others ... one you are drawn to ... one that will lead you to a past life ... one your mind chooses for you now. Tell me when you have found it.

Wait for a response.

Now I want you to enter this cave ... and you will find that there is light at the other end which illuminates the inside of the cave ... as you move to the other end of the cave, towards the light ... you walk into this life ... step into the body of the person you are in this previous life, looking through the eyes of that person.

Beach - Return from Past Life Journey

Whilst still in a past life or Life Between Lives journey:

Let those images fade now and I want you to be aware of the cave entrance that is behind you ... the one you used to come into this life ... turn and face it ... and walk back through the cave and return to the beach ...

You can do one of two things now. You can get your client to look for another cave, another, or if you have finished exploring continue with this:

Make your way back along the sand in the direction of the chair and the steps and as you walk, bring back with you only those memories which you wish to keep and are helpful to you now ... thank your subconscious for providing you with this insight into your past ... Make your way past the caves ... up through the years into the 1960s now (*depending on the date of the life you have just left and the client's date of birth*) the 1970's ... and then pass the last cave, which represents the present time and make your way over to the foot of the steps.

The Beach Theme Version Two

A second beach script with more deepening and between-lives access.

Start with the standard body relaxing technique or golden light induction.

I want you to imagine you are standing on the top of a cliff looking out over the sea ... it is a beautiful warm sunny day ... imagine a wonderful clear blue sky ... you feel safe and relaxed here just enjoying the view ...

You feel a gentle warm breeze against your face bringing the fresh salty smell of the sea ... you can hear the seagulls soaring overhead ... there are beautiful flowers all around your feet ... become aware of different shapes and colours ...

Over to one side, you can see some steps which will lead you down to the shore ... there are 20 of them ... they are carved into the cliff face and there is a handrail to hold onto so you are perfectly safe.

In a moment I will ask you to walk down the steps and with each step down that you take you will find yourself becoming more and more calm and relaxed ... with each step down that you take you will drift deeper and deeper ...

To help you down the steps I will count them down for you ... so you can let me know that you are aware of the steps in front you now please indicate this to me by slightly lifting a hand.

Wait for a response. If none, repeat the above sequence. If still nothing ask them to describe what they are seeing.

Thank you ... now make your way down the steps ... 20 ... 19 ... 18
... feel a wonderful sinking feeling with each step down ... 17 ... 16
... drifting deeper and deeper with each step down ... 15 ... 14 ...
deeper still ... 13 ... 12 ... down and down ...

And now you reach step number 10 which is wider than the others
... here you can rest for a moment and enjoy the view ... observe
the sandy beach below you ... beautiful golden sand which
stretches away in both directions ... listen to the waves as they
gently break against the shore ... feel a fine spray of sea mist on
your face ...

This tranquil scene is so soothing that you find yourself
becoming more and more calm and relaxed as each moment
passes.

Now it is time to continue our journey down the steps ... I will
count you down ... 10 ... 9 ... drifting ever deeper and deeper now
... 8 ... 7 ... that lovely sinking down feeling with each step down ...
6 ... each step down now doubling your feeling of relaxation ... 5
... nearly to the shore ... 4 ... deeper and deeper ... 3 ... 2 ... 1 and
now down onto the sand.

You are now on the beach and over to one side, you see a
comfortable reclining beach chair ... please make away over the
chair, settle down and close your eyes ... feel the warmth of the
sun on your face and drift deeper and deeper ... deeper and
deeper ... drift down and down into a wonderful deep ... deep
feeling of relaxation.

Deepen some more if you feel it is appropriate.

Now it is time to begin your journey to an area where you can
discover both your previous lives and the spirit world between
those lives.

Please walk along the beach beside the cliff face and I want you to know that the further you walk along the beach beside the cliff face the further back in time you will go.

As you stroll along the beach I want you to observe the face ... you will notice that there are many, many caves here and each one of these caves is an entrance to a previous life ... between each cave that leads to a past life, there is another cave which will lead you directly to the spirit world ... the place where you return to between-lives.

The very first cave you pass represents your present life as *(client's name)* and the next cave will take you to your spiritual existence where you planned your present life.

And then you pass a cave which will show you the life you lead before reincarnation as *(client's name)*.

Now I want you to look for a cave which stands out from the others ... one you feel drawn to ... one which will lead you to one of your former lives ... it may stand out from the others because the entrance may be a different shape or you may see a light glowing from the inside ... look for this cave now and tell me when you see it.

Wait for a response

If going directly into a between-lives exploration ask them to look for an appropriate cave.

Thank you ... now walk into the cave ... and as you walk further down the cave you will see a scene ... as you enter this scene you become the person you were in this past life.

To help you become aware of who you are and what you look like the first thing I want you to do is to look down at your feet and

tell me, if anything at all, what you see yourself wearing on your feet.

Wait for a response

Now work your up your body and tell me what else you see yourself wearing.

Continue with a normal past life exploration.

To leave this life they turn around and face the cave entrance behind them and then return to the beach.

The Library

A popular alternative to using doors.

Now *(Client's Name)* ... make yourself comfortable and relax. Just close your eyes and take a few deep breaths. Just concentrate on your breathing for a few moments ... gentle steady rhythmic breaths. Feel warm ... comfortable and relaxed.

Now I want you to look inside your forehead as if it was a screen and see the word relax ... see the word relax. Concentrate on the word relax and feel the tiny muscles in your forehead loosen ... feel all that tension going. Now bring that feeling down to your jaw and feel it relax ... and onto the shoulders and down to the muscles on either side of your spine ... feel the tension just melting away ... Now bring this feeling to the chest and down to the stomach ... feeling more relaxed all the time ... Now down to the pelvic area ... the thighs ... knees ... calves and shins and on to the ankles and feet. A beautiful feeling of calmness all through your body ... Now bring this feeling up to your shoulders again and bring it down your arms ... wrists and hands ...

Now you are beautifully calm and relaxed ... calm and relaxed ... and from now on *(Client's Name)* ... every time you hear the words calm and relaxed ... you will drift deeper into this beautiful relaxing feeling. Every time you hear the words calm and relaxed ... you will drift deeper and deeper.

Now I want you to use your imagination ... just use your imagination and find yourself on the flat roof of a building. This roof is very large and there is a wall around the edges which makes you feel perfectly safe ... beyond the wall you can see breathtaking views of the surrounding countryside ... just slowly turn around and take in this beautiful scene.

At one corner of this roof is a small square raised building with a door ... just make your way over to this door ... open it and walk inside ... you now walk onto a soft thick pile carpet ... you can choose the colour.

In front of you, there are some stairs ... ten steps are leading down ... In a moment I will ask you to walk down these stairs and with each step you take you will feel more and more calm and relaxed ... with each step you take you will feel more and more calm and relaxed ... and in a moment when I ask you to walk down these stairs I will help you by counting them down for you ... Just to indicate to me that you can see the stairs in front of you now ... please raise a hand.

Wait for a response

Thank you ... make your climb down now ... 10 ... 9 ... 8 ... 7 ... 6 ... drifting deeper and deeper with each step you take ... 5 ... 4 ... 3 ... 2 ... 1 ... and step onto the floor of a beautiful hallway. ... in front of you now is a big heavy wooden door ... open the door and walk into a large room, which you can now see is a library. All around you are many ... many books ... all these books represent your past ... volumes and volumes showing the story of your many previous lives.

Every book is clearly marked ... some may have a year written on them ... others may have a title.

Now look along the shelves and choose a book ... one which stands out from the others ... one you are drawn to ... tell me when you have chosen one.

Wait for a response. When your client indicates that a book has been found, proceed with:

That's very good ... now take the book and lay it on a table which you find there in the centre of the room ... now look at the book

you have chosen and before you open it ... describe the outside cover to me.

You will now get some description which will hopefully have some significance. Try to get them to see a date. Then proceed:

Now it is time to open the book ... you will see there are many pictures there to observe ... choose a page and describe to me what you see.

Wait for description.

Now ... I want the picture to grow ... growing bigger ... so big now that you can step into that picture ... step into that picture now ... into that life ... be part of it ... finding yourself in a different body now ... looking through the eyes of the person you now are ... the scene becomes stronger and stronger around you now ... tell me what you are experiencing.

Now use the normal past life journey guidance techniques until it is time to return from the life being explored.

Then continue:

Let those images fade now and I want you to become aware that you are stepping out of this life ... stepping out of the book ... finding yourself in the library ... and now you can look back at the book ... seeing the scene you have just left as a picture in the book ... so just close the book and put it back on the shelf.

Next, you can get your subject to choose another book, another life or make a return to normality. If returning say:

It is time to leave the library now...so make your way to the large wooden door ... open it ... walk through and make sure you close it behind you ... now it is time to climb the stairs back to normality ... I will count you up ... make your climb now ... 1 ... 2

... 3 ... 4 ... 5 ... mind and body slowly returning back to
normality ... 6 ... 7 ... 8 ... 9 ... 10 ... fully refreshed ... fully back
to normality ... and when you feel ready you can open your eyes.

The Golden Light Induction

Just close your eyes and take a few deep breaths ... slow steady deep breaths ... and now allow your breathing to become slow ... gentle ... and normal ... slow, steady, gentle, normal rhythmic breaths ... and as your breathing becomes slow and gentle ... I want you to imagine a beautiful golden light forming above your head ... like a cloud of golden light ... and now as you gently breathe in, I want you to imagine that golden light beginning to be drawn into you ... feel that happening now ... and as you take another breath in I want you to be aware of the golden light being gently pulled into you further ... illuminating the inside of your head ... imagine it lighting up the inside of your head ... and as it gently touches the areas inside your head ... it relaxes ... releases tension and heals ... feel that happening now ... and now as you breathe in again feel that beautiful golden light ... that healing light being drawn down your neck ... illuminating the top of your spinal cord ... relaxing ... healing ... releasing tension ... now gently breathe in again and feel the beautiful golden light flowing down onto your shoulders ... illuminating the shoulders ... relaxing ... healing making you feel really calm and relaxed ... and now breathe in again and feel that golden light passing down your arms and upper body ... feel it glowing inside ... relaxing ... healing ... and as you breathe in again the golden light passes down through your lower body ... lighting up all your internal organs ... healing ... releasing tension ... causing you to drift into a wonderfully deep, deep feeling of relaxation ... the golden light ... this healing light passes down further now ... relaxing the thighs ... the knees ... calves and shins ... and gently flows down into the ankles ... and then the feet ... relaxing ... releasing tension ... healing ... Feel this beautiful glow all through your body causing you to drift even deeper and deeper into this wonderful feeling of deep relaxation ... and now, as you breathe in more of the golden light ... this healing energy, ... feel it push gently out of your body now ... surrounding your body in this beautiful relaxing healing light ... like a cocoon of energy

surrounding you ... protecting you ... healing ... making you feel safe ... and as you feel wonderfully relaxed ... free of stress and tension so you drift deeper and deeper ... deeper and deeper ... and you now feel totally calm and relaxed ... calm and relaxed ... and from now on (*Client's name*) every time you hear the words calm and relaxed ... you will drift deeper and deeper into this wonderful deep relaxing feeling ... every time you hear the words calm and relaxed ... you will drift deeper and deeper.

Then go into the garden, on the roof of the building etc.

Date Regression

Use this as an alternative to the past life journey. It is used when visualisation of the doors becomes blocked by the subconscious. This script operates from the chair in the garden ... building etc.

Once in the chair:

As you relax so comfortably there ... I want your subconscious now to take you back in time ... back through the years ... way into your distant past ... back to your previous lives ... you are starting in *(present year)* and now going back ... through the 1990s ... back through your present life as *(Client's name)* ... the 1980s now ... going back through the years ... the 1970s ... ever onward into your past ... past the year you were born in your present life now *(adjust accordingly)* ... ever onwards and now as I count you back through the years ... your subconscious will indicate to you when to stop me counting ... it will make your hand rise ... the 1960s now ... ever onward back in time ... the 1950s ... the 1940s ... raise a hand to stop me when we reach a time you want to explore... the 1930s...etc.

You will find that sooner than later your client's hand will start to flinch and then it will rise to stop you from counting back. If you have been going back in decades, ask for confirmation of the exact year within the decade that they stopped you. They will have an inner knowledge as the subconscious communicates. When you are there continue:

Allow a scene to form in your mind now ... you have chosen to explore a previous life here in *(chosen year)* ... the images form strongly around you now ... tell me where you find yourself.

Proceed as with any other past life exploration and when it is time to leave you may want to return or explore another life.

If returning say:

Let these images fade now and start to bring your thoughts up to date as I count you up through the years to the present ... *(start at decade you are in)* ... now up to the 1900s ... the 1910s ... the 1920s ... bring your thoughts up to date ... the 1930s now ... the 1940s ... the 1950s... the 1960s ... up through the years ... now into your present life as *(Client's name)* as you go ... past the year you were born *(adjust accordingly)* the 1970s now ... the 1980s ... the 1990s... and finally up to *(present year)* ... finding yourself back in the chair here in the garden.

Then leave the chair and return as normal.

If visiting another life:

Let those images fade now as we leave that life and continue our journey ... which way do you want to go? ... Further back in time or come forward in time?

Wait for an answer then count in whatever direction has been chosen. Wait for an arm-lifting response then proceed as before.

The Lift

This is a continuation of the building theme starting from the safe place, the chair by the fireplace.

Now I want you to leave the chair and walk behind it, across the hallway. Here you will see some sliding doors which lead to a lift.

Press the button on the wall beside the doors and wait for the lift to arrive and the doors to open. Tell me when the doors are open.

Wait for a response

Now I want you to enter the lift and press the button inside to close the doors behind you. And now press the button which shows an arrow in the direction of down and as you do so you feel the lift starting to sink downwards ... be aware of that sinking-down feeling ... and as the lift goes down, so you feel yourself going even deeper and more relaxed ... and the further down the lift goes ... the more relaxed you feel.

In a moment you will feel the lift slowing down ... and as it slows down it is reaching one of your previous lives ... one which your mind chooses to show you now ... when the doors open you'll find yourself stepping into this past life ... becoming that person ... looking through the eyes of that person. Feel the lift slowing down now, coming to a stop ... tell me when you feel the lift has stopped.

Wait for a response

Thank you. Now press the button which opens the doors. And when the doors open you step into this previous life ... into the body of the person, you now become ... and I want you to know

that these doors are there for you ... behind you, at any time you wish to leave this life that you are now exploring. The lift doors will always be behind you and you will always be able to turn, press the button to open the doors and step into the lift and return to your safe place. If you need to do this at any time ... please tell me.

The next thing I want you to do for me is to look down at your feet ... because that is the nearest thing of familiarity to you ... look down at your feet and describe what you see ... if anything ... yourself wearing on your feet.

Then proceed as with any other regression.

The Time Tunnel

Start from the bottom of the steps, using the deepener that you have used in any theme of your choice.

You now find yourself at the entrance to a tunnel. This is a very special tunnel ... a time tunnel. And as you go down this tunnel you'll find that you go back in time. At the end of the tunnel is a previous life that your mind chooses to show you now.

So now make your way down the tunnel ... going back in time ... further down the tunnel ... further back in time. You can now see a light at the end of the tunnel growing larger and larger ... as you approach the end of this tunnel this light gives way to a scene. Enter that scene now, telling me where you find yourself.

Proceed as you would with any other regression. To visit a second life, you need to return up the tunnel, turn round and then go down the tunnel again.

The Time Machine

Here is one for the technical minded, for those who enjoy sci-fi movies. This is a very generic script for you to adapt as you see fit.

Follow the deepener that you have used, for example, the steps down to the lower level of the garden, and in this case, it should be an outside situation. Establish a safe place at this point, such as a chair, and get your client to sit on this chair first before further deepening.

And now I want you to leave this chair and make your way across the garden. Beyond the edge of the garden you will find a clearing ... and in this clearing is a large shiny silver spaceship. This is a very special vessel ... a time machine. You will have full control over this machine ... finding the controls easy to use ... and it will take you to wherever you wish to go in your past.

As you approach the time machine ... this beautiful silver ship ... a set of steps lowers down for you. Tell me when you are ready to climb aboard.

Wait for a response

Now climb into the ship ... and now you are at the top of the steps ... inside the ship ... you see a captain's chair in front of a control panel. Make yourself comfortable in the chair and familiarise yourself with the controls. There is a screen in front of you and a number pad below this. To the right of the number pad, is a lever.

You are in control of the journey that this time machine takes you on, and all you have to do is to press the numbers ... choosing a date ... a year. Your inner mind knows which year you are going to choose ... and it will help you press the right

numbers now. See yourself pressing the numbers, watching them appear on the screen in front of you. You press four numbers to make a date. When you have done this tell me what number you see up on the screen.

Wait for a response

Now the controls are set to take you to this year ... and to make the machine move to this year all you have to do is pull that lever back towards you. Pull the lever now and feel the machine start to move ... you may have sensations of movement and of sound as the machine takes you back in time. And now as the machine settles again the engines shut down and all is quiet and still. You become aware of the steps lowering down once again, and as you now make your way down the steps you become the person in this previous life ... looking through the eyes of this person ... feeling yourself in the body of this person. I also want you to know that this machine will be behind you whenever you wish to leave this past life. All you have to do is to turn around and walk back up the steps into the time machine.

The next thing I would like you to do for me, to help familiarise yourself with whom you are, is to look down at your feet ... and tell me what ... if anything ... you see yourself wearing on your feet.

Proceed as with any other regression.

The return is very straightforward. Have your client return to the time machine and set the controls once again for another date in another life, or if they wish to return to normal conscious awareness get them to set the present date and return to the garden where the safe place is. Allow them to disembark and return to normality up the steps in the normal way.

Flying

Start from the safe place ... again using a theme that is based outdoors.

I want you to feel yourself lifting out of your body now ... rising above your body, looking down upon it. You are starting to fly way up high above your body, which you can see in the comfortable reclining garden chair below you. As you watch, you see yourself down there in the chair getting smaller and smaller.

As you fly you can feel the wind on your face ... a wonderful sense of freedom. And now you can fly back in time ... back to other previous lives that you have lived. As you fly you are free from the restraints of the physical body left there in the present time ... and you can now fly back in time back to a previous life that your inner mind chooses for you.

As you now start your descent ... you become aware of a figure below you. This is you in this previous life and as you descend more you land and become this person ... looking through the eyes of this person ... feeling yourself in the body of this person. And I want you to know – should at any time you wish to leave this life that you are now exploring ... all you have to do is to rise out of this body and fly back to the present time.

To help you familiarise yourself with this time and this place ... please look down at your feet and tell me what ... if anything ... you see yourself wearing on your feet.

Proceed as with any other regression.

The return is quite straightforward; they merely leave the body they are in, rise above it and fly back.

The Stairway Induction

Start with the Golden Light induction or other induction that you would prefer.

Just close your eyes and take a few deep breaths ... slow steady deep breaths ... and now allow your breathing to become slow ... gentle ... and normal ... slow, steady, gentle, normal rhythmic breaths ... and as your breathing becomes slow and gentle ... I want you to imagine a beautiful golden light forming above your head ... like a cloud of golden light ... and now as you gently breathe in, I want you to imagine that golden light beginning to be drawn into you ... feel that happening now ... and as you take another breath in I want you to be aware of the golden light being gently pulled into you further ... illuminating the inside of your head ... imagine it lighting up the inside of your head ... and as it gently touches the areas inside your head ... it relaxes ... releases tension and heals ... feel that happening now ... and now as you breathe in again feel that beautiful golden light ... that healing light being drawn down your neck ... illuminating the top of your spinal cord ... relaxing ... healing ... releasing tension ... now gently breathe in again and feel the beautiful golden light flowing down onto your shoulders ... illuminating the shoulders ... relaxing ... healing making you feel really calm and relaxed ... and now breathe in again and feel that golden light passing all the way down your arms and upper body ... feel it glowing inside ... relaxing ... healing ... and as you breathe in again the golden light passes down through your lower body ... lighting up all your internal organs ... healing ... releasing tension ... causing you to drift into a wonderful deep, deep feeling of relaxation ... the golden light ... this healing light passes down further now ... relaxing the thighs ... the knees ... calves and shins ... and gently flows down into the ankles ... and then the feet ... relaxing ... releasing tension ... healing ... Feel this beautiful glow all through your body causing you to drift even deeper and deeper into this wonderful feeling of deep relaxation ... and now, as you

breathe in more of the golden light ... this healing energy, ... feel it push gently out of your body now ... surrounding your body in this beautiful relaxing healing light ... like a cocoon of energy surrounding you ... protecting you ... healing ... making you feel safe ... and as you feel wonderfully relaxed ... free of stress and tension so you drift deeper and deeper ... deeper and deeper ... and you now feel totally calm and relaxed ... calm and relaxed ... and from now on (*Client's name*) every time you hear the words calm and relaxed ... you will drift deeper and deeper into this wonderful deep relaxing feeling ... every time you hear the words calm and relaxed ... you will drift deeper and deeper.

Imagine you are standing in a grand hallway at the top of a large stairway ... You can feel a deep soft carpet beneath your feet; you can choose what colour this carpet is ... as you look around the hallway you will see glass doors built into the walls around you and as you look through these glass doors you will see views which represent certain elements of your life ... study these scenes for a moment to see if any of them have a significant meaning to you.

As you gently move towards the stairs I want you to know that they will take you back in time, back through your life ... as you descend you are counting down the years of your present life as (*Client's Name*).

There are a certain number of steps representing your age ... the top step is number (*Enter number - client's present age*) and it represents the present time.

As you go further down the steps you will see small landings with more glass doors beside them and you will have the opportunity to stop and rest at these points and if you wish you can walk through these doors to explore any happy memories that are shown to you at certain ages ... your subconscious mind will help you find these times to explore.

It is time to make this journey back in time ... through your whole life and beyond ... I will count you down ... you will find that with each step down that you will take you will drift deeper and deeper into this wonderful deep relaxing feeling ... each step down will cause you to become more calm and relaxed.

At any time you see a door and you feel you want to stop and explore a happy time from your past ... let me know by raising a hand.

Let's say the client's age as an example for the script we will start at 45

Make your way down the stairs now slowly and gently descending ... occasionally you will see more doors built into the wall as you go down the stairs ... these will be prompt you to know when to stop for a while and explore a happy time from your past ... you can relive this happy time if you wish.

45 ... slowly going down through your life ... 44 drifting deeper and deeper with the step down ... 43 ... 42 feel a wonderful sinking down feeling with each step down that you take ... 41 ... 40 into your 30s now further and further back in time ... 39 drifting down and down ... 38 ... 37 remember to look for the glass doors built into the wall and tell me when you see one by lifting a hand ... 36 ... 35 becoming more and more relaxed with each step down ...

Keep an eye on the client's hands; they may lift one at some point when they see a door. Continue counting down slowly until they indicate that they have seen a door. When this happens:

Okay, that's good. Have a good look at the scene through the glass of this door and tell me what you see.

Wait for a response

Now you can open this door and step through into the scene and relive this happy time when you were (*state age that your client has reached on the stairway*).

Tell me when you are there.

Wait for a response

Relive this happy memory is if it is happening right now ... become that (*state age*) year old and enjoy this moment. Tell me what happens.

Wait for a response

Give them just a few moments to explore the memory and relay it to you.

Thank you. Now let the images of this happy time just fade away as you come back through the door finding yourself once again back on the stairs and we will now continue our journey back in time ... 34 ... 33 drifting ever deeper and deeper as you descend ... 32 becoming more and more calm and relaxed ... 31 ... 30 into your 20s now ... the younger years of your life ... 29 look out for more doors that will show you a happy memory ... 28 ever deeper 27 ... tell me when you see another door ... 26

Continue on down and permit perhaps one or two more happy time explorations.

25 ... 24 look for another door ... 23 ... 22 ... 21 ... 20 into your teens ... now much younger ... look for another door and tell me if you see one.

If they lift a hand at any point then allow them to explore this happy time as before.

19 ... down through your younger impressionable years now ... 18 ... 17 ... 16 younger still ... 15 ... 14 ... still going deeper and deeper into this wonderful deep relaxing feeling ... 13 ... 12 ... you are now a child ... tell me if you can find one more door show you a happy time from your childhood.

Wait a response. If they do stop and another exploration is indicated, repeat the above procedure.

Now once again let those images fade and find the door behind you and return to the stairs ... counting down further now ... 11 ... 10 ... 9 drifting deeper and deeper with every step ... 8 ... 7 really young now ... 6 down and down ... 5 ... 4 the last few steps now doubling of feeling of relaxation ... 3 ... 2 ... 1 ...

Now you find yourself inside your mother's womb ... before you were born ... feel yourself being warm protected ... enjoy that feeling of being safe and secure.

Further back in time now ... back through the time you spent in the spirit world ... further and further back in time until you enter your previous life ... the last time you were reincarnated. Tell me when you are there.

Wait a response

Thank you. You can now explore this previous life ... find a time which your mind chooses for you to explore ... feel the different body that you are now in ... tell me when you are aware of being somewhere.

Wait for a response

To help orientate you, to understand who you are, I want you to imagine you can now look down at your feet and tell me, if anything, what you see yourself wearing on your feet.

Wait a response

That's good, you are doing well. Now work your way up your body and me what else you see yourself wearing.

Wait for a response

Now look back down at your feet and tell me what sort of surface you see yourself standing on, this will help us understand where you are.

Wait a response

Continue with a normal Past Life Regression and if you plan to go to a between-lives exploration at the end of the life being explored, continue to the death scene and proceed into the spirit world.

If you wish to explore other previous incarnations guide the client to go further back in time to another life.

The Stairway Induction - Version Two

(Linked to the Building Theme)

Start with the Golden Light induction or other induction that you would prefer.

Just close your eyes and take a few deep breaths ... slow steady deep breaths ... and now allow your breathing to become slow ... gentle ... and normal ... slow, steady, gentle, normal rhythmic breaths ... and as your breathing becomes slow and gentle ... I want you to imagine a beautiful golden light forming above your head ... like a cloud of golden light ... and now as you gently breathe in, I want you to imagine that golden light beginning to be drawn into you ... feel that happening now ... and as you take another breath in I want you to be aware of the golden light being gently pulled into you further ... illuminating the inside of your head ... imagine it lighting up the inside of your head ... and as it gently touches the areas inside your head ... it relaxes ... releases tension and heals ... feel that happening now ... and now as you breathe in again feel that beautiful golden light ... that healing light being drawn down your neck ... illuminating the top of your spinal cord ... relaxing ... healing ... releasing tension ... now gently breathe in again and feel the beautiful golden light flowing down onto your shoulders ... illuminating the shoulders ... relaxing ... healing making you feel really calm and relaxed ... and now breathe in again and feel that golden light passing all the way down your arms and upper body ... feel it glowing inside ... relaxing ... healing ... and as you breathe in again the golden light passes down through your lower body ... lighting up all your internal organs ... healing ... releasing tension ... causing you to drift into a wonderful deep, deep feeling of relaxation ... the golden light ... this healing light passes down further now ... relaxing the thighs ... the knees ... calves and shins ... and gently flows down into the ankles ... and then the feet ... relaxing ... releasing tension ... healing ... Feel this beautiful glow all through your body causing you to drift even deeper and deeper

into this wonderful feeling of deep relaxation ... and now, as you breathe in more of the golden light ... this healing energy, ... feel it push gently out of your body now ... surrounding your body in this beautiful relaxing healing light ... like a cocoon of energy surrounding you ... protecting you ... healing ... making you feel safe ... and as you feel wonderfully relaxed ... free of stress and tension so you drift deeper and deeper ... deeper and deeper ... and you now feel totally calm and relaxed ... calm and relaxed ... and from now on (*Client's name*) every time you hear the words calm and relaxed ... you will drift deeper and deeper into this wonderful deep relaxing feeling ... every time you hear the words calm and relaxed ... you will drift deeper and deeper.

Imagine you are standing in a grand hallway at the top of a large stairway ... You can feel a deep soft carpet beneath your feet; you can choose what colour this carpet is ... as you look around the hallway you will see glass doors built into the walls around you and as you look through these glass doors you will see views which represent certain elements of your life ... study these scenes for a moment to see if any of them have a significant meaning to you.

As you gently move towards the stairs I want you to know that they will take you back in time, back through your life ... as you descend you are counting down the years of your present life as (*Client's Name*).

There are a certain number of steps representing your age ... the top step is number (*Enter number - client's present age*) and it represents the present time.

As you go further down the steps you will see small landings with more glass doors beside them and you will have the opportunity to stop and rest at these points and if you wish you can walk through these doors to explore any happy memories that are shown to you at certain ages ... your subconscious mind will help you find these times to explore.

It is time to make this journey back in time ... through your whole life and beyond ... I will count you down ... you will find that with each step down that you will take you will drift deeper and deeper into this wonderful deep relaxing feeling ... each step down will cause you to become more calm and relaxed.

At any time you see a door and you feel you want to stop and explore a happy time from your past ... let me know by raising a hand.

Let's say the client's age as an example for the script we will start at 45

Make your way down the stairs now slowly and gently descending ... occasionally you will see more doors built into the wall as you go down the stairs ... these will be prompt you to know when to stop for a while and explore a happy time from your past ... you can relive this happy time if you wish.

45 ... slowly going down through your life ... 44 drifting deeper and deeper with the step down ... 43 ... 42 feel a wonderful sinking down feeling with each step down that you take ... 41 ... 40 into your 30s now further and further back in time ... 39 drifting down and down ... 38 ... 37 remember to look for the glass doors built into the wall and tell me when you see one by lifting a hand ... 36 ... 35 becoming more and more relaxed with each step down ...

Keep an eye on the client's hands; they may lift one at some point when they see a door. Continue counting down slowly until they indicate that they have seen a door. When this happens:

Okay, that's good. Have a good look at the scene through the glass of this door and tell me what you see.

Wait for a response

Now you can open this door and step through into the scene and relive this happy time when you were (*state age that your client has reached on the stairway*).

Tell me when you are there.

Wait for a response

Relive this happy memory is if it is happening right now ... become that (*state age*) year old and enjoy this moment. Tell me what happens.

Wait for a response

Give them just a few moments to explore the memory and relay it to you.

Thank you. Now let the images of this happy time just fade away as you come back through the door finding yourself once again back on the stairs and we will now continue our journey back in time ... 34 ... 33 drifting ever deeper and deeper as you descend ... 32 becoming more and more calm and relaxed ... 31 ... 30 into your 20s now ... the younger years of your life ... 29 look out for more doors that will show you a happy memory ... 28 ever deeper 27 ... tell me when you see another door ... 26

Continue on down and permit perhaps one or two more happy time explorations.

25 ... 24 look for another door ... 23 ... 22 ... 21 ... 20 into your teens ... now much younger ... look for another door and tell me if you see one.

If they lift a hand at any point then allow them to explore this happy time as before.

19 ... down through your younger impressionable years now ... 18 ... 17 ... 16 younger still ... 15 ... 14 ... still going deeper and deeper into this wonderful deep relaxing feeling ... 13 ... 12 ... you are now a child ... tell me if you can find one more door show you a happy time from your childhood.

Wait a response. If they do stop and another exploration is indicated, repeat the above procedure.

Now once again let those images fade and find the door behind you and return to the stairs ... counting down further now ... 11 ... 10 ... 9 drifting deeper and deeper with every step ... 8 ... 7 really young now ... 6 down and down ... 5 ... 4 the last few steps now doubling of feeling of relaxation ... 3 ... 2 ... 1 ... and step onto the floor of a beautiful hallway ... Over to your right is a big comfortable armchair beside a roaring log fire ... make your way over to the chair and settle yourself down ... as you sink into the chair ... listening to the gentle crackle of the fire ... just close your eyes and drift deeper and deeper ... drift deeper and deeper ...

Now I want you to leave the chair and make your way to the main hallway the hallway and you will notice that it stretches away in front of you into the distance. As you look down the hallway ... on one side you will see many ... many doors. Each door is an access to your past ... each door represents a year ... As you go down the hallway ... the further you go ... the further back in time you go. Each door has a number written above it ... showing you the year.

Now I want you to make your way down the hallway ... back in time ... Look at the numbers above the doors counting down as you go further down the hallway ... ever onward.

Now I want you to look for a door ... a door which stands out ... a door which has a past life behind it ... look for a door which stands out from the others ... one you are drawn to. I will give you a few moments to find one ...

Give them a short while to home in on a door. If they go quiet for more than a couple of minutes, prompt them by repeating the above section.

Once they indicate they have found one:

To help you focus on this time, this life, please describe this door to me and see if you can see a number written above this door.

Wait for a description.

Now I want you to enter this door and once on the other side ... close it behind you ... but know it will be right behind you at any time should you wish to leave and return to the pathway.

Continue with a normal Past Life Regression and if you plan to go to a between-lives exploration at the end of the life being explored, continue to the death scene and proceed into the spirit world.

The Stairway Induction - Version Three

(Linked to the Library Theme)

Start with the Golden Light induction or other induction that you would prefer.

Just close your eyes and take a few deep breaths ... slow steady deep breaths ... and now allow your breathing to become slow ... gentle ... and normal ... slow, steady, gentle, normal rhythmic breaths ... and as your breathing becomes slow and gentle ... I want you to imagine a beautiful golden light forming above your head ... like a cloud of golden light ... and now as you gently breathe in, I want you to imagine that golden light beginning to be drawn into you ... feel that happening now ... and as you take another breath in I want you to be aware of the golden light being gently pulled into you further ... illuminating the inside of your head ... imagine it lighting up the inside of your head ... and as it gently touches the areas inside your head ... it relaxes ... releases tension and heals ... feel that happening now ... and now as you breathe in again feel that beautiful golden light ... that healing light being drawn down your neck ... illuminating the top of your spinal cord ... relaxing ... healing ... releasing tension ... now gently breathe in again and feel the beautiful golden light flowing down onto your shoulders ... illuminating the shoulders ... relaxing ... healing making you feel really calm and relaxed ... and now breathe in again and feel that golden light passing all the way down your arms and upper body ... feel it glowing inside ... relaxing ... healing ... and as you breathe in again the golden light passes down through your lower body ... lighting up all your internal organs ... healing ... releasing tension ... causing you to drift into a wonderful deep, deep feeling of relaxation ... the golden light ... this healing light passes down further now ... relaxing the thighs ... the knees ... calves and shins ... and gently flows down into the ankles ... and then the feet ... relaxing ... releasing tension ... healing ... Feel this beautiful glow all

through your body causing you to drift even deeper and deeper into this wonderful feeling of deep relaxation ... and now, as you breathe in more of the golden light ... this healing energy, ... feel it push gently out of your body now ... surrounding your body in this beautiful relaxing healing light ... like a cocoon of energy surrounding you ... protecting you ... healing ... making you feel safe ... and as you feel wonderfully relaxed ... free of stress and tension so you drift deeper and deeper ... deeper and deeper ... and you now feel totally calm and relaxed ... calm and relaxed ... and from now on (*Client's name*) every time you hear the words calm and relaxed ... you will drift deeper and deeper into this wonderful deep relaxing feeling ... every time you hear the words calm and relaxed ... you will drift deeper and deeper.

Imagine you are standing in a grand hallway at the top of a large stairway ... You can feel a deep soft carpet beneath your feet; you can choose what colour this carpet is ... as you look around the hallway you will see glass doors built into the walls around you and as you look through these glass doors you will see views which represent certain elements of your life ... study these scenes for a moment to see if any of them have a significant meaning to you.

As you gently move towards the stairs I want you to know that they will take you back in time, back through your life ... as you descend you are counting down the years of your present life as (*Client's Name*).

There are a certain number of steps representing your age ... the top step is number (*Enter number - client's present age*) and it represents the present time.

As you go further down the steps you will see small landings with more glass doors beside them and you will have the opportunity to stop and rest at these points and if you wish you can walk through these doors to explore any happy memories that are

shown to you at certain ages ... your subconscious mind will help you find these times to explore.

It is time to make this journey back in time ... through your whole life and beyond ... I will count you down ... you will find that with each step down that you will take you will drift deeper and deeper into this wonderful deep relaxing feeling ... each step down will cause you to become more calm and relaxed.

At any time you see a door and you feel you want to stop and explore a happy time from your past ... let me know by raising a hand.

Let's say the client's age as an example for the script we will start at 45

Make your way down the stairs now slowly and gently descending ... occasionally you will see more doors built into the wall as you go down the stairs ... these will be prompt you to know when to stop for a while and explore a happy time from your past ... you can relive this happy time if you wish.

45 ... slowly going down through your life ... 44 drifting deeper and deeper with the step down ... 43 ... 42 feel a wonderful sinking down feeling with each step down that you take ... 41 ... 40 into your 30s now further and further back in time ... 39 drifting down and down ... 38 ... 37 remember to look for the glass doors built into the wall and tell me when you see one by lifting a hand ... 36 ... 35 becoming more and more relaxed with each step down ...

Keep an eye on the client's hands; they may lift one at some point when they see a door. Continue counting down slowly until they indicate that they have seen a door. When this happens:

Okay, that's good. Have a good look at the scene through the glass of this door and tell me what you see.

Wait for a response

Now you can open this door and step through into the scene and relive this happy time when you were (*state age that your client has reached on the stairway*).

Tell me when you are there.

Wait for a response

Relive this happy memory is if it is happening right now ... become that (*state age*) year old and enjoy this moment. Tell me what happens.

Wait for a response

Give them just a few moments to explore the memory and relay it to you.

Thank you. Now let the images of this happy time just fade away as you come back through the door finding yourself once again back on the stairs and we will now continue our journey back in time ... 34 ... 33 drifting ever deeper and deeper as you descend ... 32 becoming more and more calm and relaxed ... 31 ... 30 into your 20s now ... the younger years of your life ... 29 look out for more doors that will show you a happy memory ... 28 ever deeper 27 ... tell me when you see another door ... 26

Continue on down and permit perhaps one or two more happy time explorations.

25 ... 24 look for another door ... 23 ... 22 ... 21 ... 20 into your teens ... now much younger ... look for another door and tell me if you see one.

If they lift a hand at any point then allow them to explore this happy time as before.

19 ... down through your younger impressionable years now ... 18 ... 17 ... 16 younger still ... 15 ... 14 ... still going deeper and deeper into this wonderful deep relaxing feeling ... 13 ... 12 ... you are now a child ... tell me if you can find one more door show you a happy time from your childhood.

Wait a response. If they do stop and another exploration is indicated, repeat the above procedure.

Now once again let those images fade and find the door behind you and return to the stairs ... counting down further now ... 11 ... 10 ... 9 drifting deeper and deeper with every step ... 8 ... 7 really young now ... 6 down and down ... 5 ... 4 the last few steps now doubling of feeling of relaxation ... 3 ... 2 ... 1 ... and step onto the floor of a beautiful hallway. ... in front of you now is a big heavy wooden door ... open the door and walk into a large room, which you can now see is a library. All around you are many ... many books ... all these books represent your past ... volumes and volumes showing the story of your many previous lives.

Every book is clearly marked ... some may have a year written on them ... others may have a title.

Now look along the shelves and choose a book ... one which stands out from the others ... one you are drawn to ... tell me when you have chosen one.

Wait for a response. When your client indicates that a book has been found, proceed with:

That's very good ... now take the book and lay it on a table which you find there in the centre of the room ... now look at the book you have chosen and before you open it ... describe the outside cover to me.

You will now get some description which will hopefully have some significance. Try to get them to see a date. Then proceed:

Now it is time to open the book ... you will see there are many pictures there to observe ... choose a page and describe to me what you see.

Wait for description.

Now ... I want the picture to grow ... growing bigger ... so big now that you can step into that picture ... step into that picture now ... into that life ... be part of it ... finding yourself in a different body now ... looking through the eyes of the person you now are ... the scene becomes stronger and stronger around you now ... tell me what you are experiencing.

Continue with a normal Past Life Regression and if you plan to go to a between-lives exploration at the end of the life being explored, continue to the death scene and proceed into the spirit world.

Then continue:

Let those images fade now and I want you to become aware that you are stepping out of this life ... stepping out of the book ... finding yourself in the library ... and now you can look back at the book ... seeing the scene you have just left as a picture in the book ... so just close the book and put it back on the shelf.

Next you can get your subject to choose another book, another life or even a book representing a Life Between Lives period, or you can make a return to normality. If returning say:

It is time to leave the library now...so make your way to the large wooden door ... open it ... walk through and make sure you close it behind you ... now it is time to climb the stairs back to

normality ... I will count you up ... make your climb now ... 1 ... 2
... 3 ... 4 ... 5 ... mind and body slowly returning back to
normality ... 6 ... 7 ... 8 ... 9 ... 10 ... fully refreshed ... fully back
to normality ... and when you feel ready you can open your eyes.

The Stairway Induction - Version Four

(Continued Steps Directly to Past Life Journey)

Start with the Golden Light induction or other induction that you would prefer.

Just close your eyes and take a few deep breaths ... slow steady deep breaths ... and now allow your breathing to become slow ... gentle ... and normal ... slow, steady, gentle, normal rhythmic breaths ... and as your breathing becomes slow and gentle ... I want you to imagine a beautiful golden light forming above your head ... like a cloud of golden light ... and now as you gently breathe in, I want you to imagine that golden light beginning to be drawn into you ... feel that happening now ... and as you take another breath in I want you to be aware of the golden light being gently pulled into you further ... illuminating the inside of your head ... imagine it lighting up the inside of your head ... and as it gently touches the areas inside your head ... it relaxes ... releases tension and heals ... feel that happening now ... and now as you breathe in again feel that beautiful golden light ... that healing light being drawn down your neck ... illuminating the top of your spinal cord ... relaxing ... healing ... releasing tension ... now gently breathe in again and feel the beautiful golden light flowing down onto your shoulders ... illuminating the shoulders ... relaxing ... healing making you feel really calm and relaxed ... and now breathe in again and feel that golden light passing all the way down your arms and upper body ... feel it glowing inside ... relaxing ... healing ... and as you breathe in again the golden light passes down through your lower body ... lighting up all your internal organs ... healing ... releasing tension ... causing you to drift into a wonderful deep, deep feeling of relaxation ... the golden light ... this healing light passes down further now ... relaxing the thighs ... the knees ... calves and shins ... and gently flows down into the ankles ... and then the feet ... relaxing ...

releasing tension ... healing ... Feel this beautiful glow all through your body causing you to drift even deeper and deeper into this wonderful feeling of deep relaxation ... and now, as you breathe in more of the golden light ... this healing energy, ... feel it push gently out of your body now ... surrounding your body in this beautiful relaxing healing light ... like a cocoon of energy surrounding you ... protecting you ... healing ... making you feel safe ... and as you feel wonderfully relaxed ... free of stress and tension so you drift deeper and deeper ... deeper and deeper ... and you now feel totally calm and relaxed ... calm and relaxed ... and from now on (*Client's name*) every time you hear the words calm and relaxed ... you will drift deeper and deeper into this wonderful deep relaxing feeling ... every time you hear the words calm and relaxed ... you will drift deeper and deeper.

Imagine you are standing in a grand hallway at the top of a large stairway ... You can feel a deep soft carpet beneath your feet; you can choose what colour this carpet is ... as you look around the hallway you will see glass doors built into the walls around you and as you look through these glass doors you will see views which represent certain elements of your life ... study these scenes for a moment to see if any of them have a significant meaning to you.

As you gently move towards the stairs I want you to know that they will take you back in time, back through your life ... as you descend you are counting down the years of your present life as (*Client's Name*).

There are a certain number of steps representing your age ... the top step is number (*Enter number - client's present age*) and it represents the present time.

As you go further down the steps you will see small landings with more glass doors beside them and you will have the opportunity to stop and rest at these points and if you wish you can walk through these doors to explore any happy memories that are

shown to you at certain ages ... your subconscious mind will help you find these times to explore.

It is time to make this journey back in time ... through your whole life and beyond ... I will count you down ... you will find that with each step down that you will take you will drift deeper and deeper into this wonderful deep relaxing feeling ... each step down will cause you to become more calm and relaxed.

At any time you see a door and you feel you want to stop and explore a happy time from your past ... let me know by raising a hand.

Let's say the client's age as an example for the script we will start at 45

Make your way down the stairs now slowly and gently descending ... occasionally you will see more doors built into the wall as you go down the stairs ... these will be prompt you to know when to stop for a while and explore a happy time from your past ... you can relive this happy time if you wish.

45 ... slowly going down through your life ... 44 drifting deeper and deeper with the step down ... 43 ... 42 feel a wonderful sinking down feeling with each step down that you take ... 41 ... 40 into your 30s now further and further back in time ... 39 drifting down and down ... 38 ... 37 remember to look for the glass doors built into the wall and tell me when you see one by lifting a hand ... 36 ... 35 becoming more and more relaxed with each step down ...

Keep an eye on the client's hands; they may lift one at some point when they see a door. Continue counting down slowly until they indicate that they have seen a door. When this happens:

Okay, that's good. Have a good look at the scene through the glass of this door and tell me what you see.

Wait for a response

Now you can open this door and step through into the scene and relive this happy time when you were (*state age that your client has reached on the stairway*).

Tell me when you are there.

Wait for a response

Relive this happy memory is if it is happening right now ... become that (*state age*) year old and enjoy this moment. Tell me what happens.

Wait for a response

Give them just a few moments to explore the memory and relay it to you.

Thank you. Now let the images of this happy time just fade away as you come back through the door finding yourself once again back on the stairs and we will now continue our journey back in time ... 34 ... 33 drifting ever deeper and deeper as you descend ... 32 becoming more and more calm and relaxed ... 31 ... 30 into your 20s now ... the younger years of your life ... 29 look out for more doors that will show you a happy memory ... 28 ever deeper 27 ... tell me when you see another door ... 26

Continue on down and permit perhaps one or two more happy time explorations.

25 ... 24 look for another door ... 23 ... 22 ... 21 ... 20 into your teens ... now much younger ... look for another door and tell me if you see one.

If they lift a hand at any point then allow them to explore this happy time as before.

19 ... down through your younger impressionable years now ... 18 ... 17 ... 16 younger still ... 15 ... 14 ... still going deeper and deeper into this wonderful deep relaxing feeling ... 13 ... 12 ... you are now a child ... tell me if you can find one more door show you a happy time from your childhood.

Wait a response. If they do stop and another exploration is indicated, repeat the above procedure.

Now once again let those images fade and find the door behind you and return to the stairs ... counting down further now ... 11 ... 10 ... 9 drifting deeper and deeper with every step ... 8 ... 7 really young now ... 6 down and down ... 5 ... 4 the last few steps now doubling of feeling of relaxation ... 3 ... 2 ... 1 ... and step onto the floor of a beautiful hallway...

Opposite the base of these steps you will see another stairway that descends further ... this will take you further back in time to your previous lives ... please continue on down these steps ... and again you will find more small landings built into the stairway with glass doors which will lead you into previous lives ... the first door you will see represents the time you spent in the spirit world before you reincarnated as (Client's name)

If you feel your client is ready to explore a between-life period then you can direct them through this first door.

Okay, that's good. Have a good look at the scene through the glass of this door and tell me what you see.

Wait for a response

Now you can open this door and step through into the scene and relive this time in the spirit world.

Tell me when you are there.

Wait for a response

Take your time to explore this between-life state ... tell me what happens.

Wait for a response

Give them plenty of time to explore and relay their observations to you.

If you feel your client would be better off exploring a previous life first, take them past this first door to others where they will be able to access one.

Accessing an LBL from a Past Life

Start from a past life exploration.

Now let the images you have just fade away for a moment ... and now I want you to move forward to the last day of your life as *(Past Life Character's Name)*. Forward now to the very last moments of this previous life that you have been exploring.

Now let the images reform ... you are here on the last day of your life as *(Past Life Character's Name)*. Just a few minutes before you leave this life and pass to the spirit world.

Please tell me what you see ... are you alone here or are there others with you ... if there are others who else do you see here?

Wait for a response

If there are others:

Who else do you see here?

Thank you. You are now going to experience your passing ... take as much time as you need ... tell me what happens now.

Wait a response. Give them time to acclimatise to the higher energies they will now experience. You will need to prompt them from time to time.

Please give me a running commentary of everything you see and feel.

Wait for client to continue. What ever they report, gently encourage the journey to move on. The next stage can not be scripted as it varies so much from one individual to the next.

Soul Retrieval

This is a fairly generic script for soul retrieval. Again, this procedure can be different for every single case so you may need to use this just as a general guide.

And now I want you to return to the past life that we have just visited ... the one where you experienced the trauma which has caused the issues that you are suffering today. Find the door again with that past life behind it. Tell me when you are there.

Wait for a response

Open the door now and as you return to that life you are returning as yourself ... and you are going to look for that lost part of you. Find the location where the trauma happened ... And now look for that missing part of you. It may be seen as a small facet of yourself or an energy or even something else. Tell me when you have found the missing part and describe to me how you see it.

Wait for a response.

Draw that missing part of you into yourself ... absorbing it. Feel the energy of that part as it joins with you making you feel whole and complete. Tell me how that feels.

Wait for a response

Now it is time to return and you are returning as a whole person ... complete. Find the door behind you that you used to come into this life to recover your lost part. Open the door ... step back out onto the pathway and close the door behind you ... making sure it is securely shut. Detach from that life. It is time to return to

normality by retracing your steps back up the pathway. Bring your thoughts back up to date as you return.

Soul Retrieval using Astral Travel and Remote Viewing

Start from the safe place and following a Past Life Regression where the trauma which caused Soul Fragmentation has been experienced. This is done in present time:

I want you to imagine yourself lifting out of your body ... floating way above your body ... floating up higher now ... ever higher and higher ... and as you float higher still you can see the landscape below you ... the shape of the land ... and as you float higher still you can make out the outline of the whole country below you ...

And now you feel yourself moving off in a certain direction ... you are being guided to the physical location where your missing Soul fragment is stuck ... let yourself be guided and see where you go...

And now you feel yourself slowly descending as you reach your destination ... the place where you can find and recover your missing Soul fragment ... dropping lower and lower now ... and now you reach the ground...

Just look around now and find your soul part ... it may be seen as a ghostly image of yourself or maybe just a cloud of energy of some sort ... please tell me when you see your missing Soul fragment.

Wait for a response.

Good, please describe how it manifests itself ... what does this soul part look like?

Wait for a response.

Okay ... now I want you to face that missing part of you and invite it to join you. Absorb this missing part into your being ... feel it becoming a part of you. Tell me when that has happened.

Wait for a response.

Tell me whereabouts in your body the missing part has rejoined.

Wait for a response.

Now it is time to return. Feel yourself lifting up again ... rising up into the atmosphere ... getting higher and higher once more. And then you head in the direction of the place where you started ... flying back over the countryside.

And then you feel yourself descending down and down ... back to your starting place ... lower and lower now. Back down to your safe place where you started from ... back into your body. Tell me when you have fully returned.

Wait for a response.

Leave, Disconnect and Reflect Script

Use this script when leaving a previous life or Life Between Lives journey so that the client can rest and reflect on the experience they have just had.

Let those images fade now, and I want you to be aware of the door ... the door which you used to come into this life ... just turn around and you will find the door there in front of you.

Now I want you to open the door and step back out into the brilliant sunshine of the garden ... back onto the pathway. Close the door behind you ... making sure it is firmly shut. And I want you to disconnect yourself from the life of *(Client's past life name)*.

Now find a small bench which is there beside the door ... a place where you can sit and reflect on the experience that you've just had.

Think about the life you have just explored and allow a few words of wisdom to just spring into your thoughts. Just let these thoughts come to you from deep within the subconscious mind ... words of wisdom. Tell me what you find yourself thinking about.

Encourage your client to 'wax lyrical' for a while and interact with them, asking them to expand on their thoughts.

Recovering Energy Script

From the safe place.

I want you to return to the chair in the garden ... your safe place. And as you settle here ... you notice that beside the chair is another chair and you are going to invite somebody to sit in this chair and talk with you. *(Alter according to theme)*

I want you to invite into the garden now the person you interacted with in the past and now holds onto some of your energy. Invite *(Energy Holders Name)* into the garden. Now see *him/her* walking towards you and sitting down beside you. Tell me when *he/she* is here.

Wait for a response.

And now I want you to speak to that person ... tell *him/her* how you feel. Tell me what you hear *him/her* say.

Wait for a response.

You have an energy imbalance with *him/her* and I want you to see that energy imbalance on that person in some form ... maybe a cloud of energy. Tell me when you see this energy and what it looks like.

Wait for a response.

I want you to ask this person for the energy to be returned to you ... see the energy moving from *(Energy Holders Name)*. The energy comes towards you as you bring it back into you. Tell me where within the physical body you see the energy go.

Wait for a response.

When the energy is fully absorbed into you ... you can then let that person leave. Tell me when you find that the energy has fully absorbed into you.

Wait for a response.

Now ask (*Energy Holders Name*) to leave the garden now. Thank *him/her* for visiting you here in the garden and giving you back the energy that *he/she* has been holding onto. See *him/her* go now ... getting smaller and smaller ... disappearing altogether. Tell me when *he/she* has fully gone.

Wait for a response.

Cutting the Cords

Start at the point where your client is making their way back up the pathway towards their safe place.

I want you to return to the chair in the garden ... your safe place. And as you settle here ... you notice that beside the chair is another chair and you are going to invite somebody to sit in this chair and talk with you.

I want you to invite into the garden now the person you interacted with ... from that past life. Invite (*past life character's name*) into the garden now. See *him/her* walking towards you and sitting down beside you. Tell me when he/she is here.

Wait for a response.

And now I want you to speak to that person. Tell *him/her* how you feel.

Tell me what you hear *him/her* say.

Wait for a response.

You have an energy bond with *him/her* and I want you to see that energy connection to that person as a cord attaching you both together. There may be more than one cord. Only tune into the cords which connect the two of you. Tell me when you see this cord.

Wait for a response.

I want you to tell *him/her* that you are now going to sever this cord ... separating you from *him/her*. Tell me where, within the physical body, you see the cord connected to you.

Wait for a response.

Now you must sever the cord ... and I want you to tell me how you intend to do this.

Wait for a response.

Thank you. Now break this cord ... this bond with this person ... and tell me when you have done that.

Wait for a response.

It is important to make sure that connection cannot be remade so we must destroy it. Take the severed cord and find a bonfire somewhere in the garden. Throw the broken cord onto the fire and make sure it has fully turned to ash. Tell me when that has been done.

Wait for a response.

Now ask *(past life character's name)* to leave the garden now. Thank *him/her* for visiting you here in the garden and allowing the cord to be broken. See *him/her* go now ... getting smaller and smaller ... disappearing altogether. Tell me when *he/she* has fully gone.

Wait for a response.

Discarding Beliefs Script

This can be useful when a client has doubts about the validity of the experience they are about to have.

Start from the point where they have returned to the safe place having had a difficult time trying to explore a previous life.

Just rest there for a moment or two, take a nice deep breath and just find yourself drifting deeper and deeper, deeper and deeper.

As you now look down to one side of this chair you will see a briefcase. Please pick up the briefcase, put it on your lap and open it.

Inside you will find two pieces of paper and these represent your beliefs, those beliefs which you have brought here today. Please take out the pieces of paper and you'll see some words written on them.

On the first piece of paper you will see this: "I believe this will be difficult".

And on the second piece of paper you will see these words: "I have doubts that this will work for me".

The beliefs on these pieces of paper are hindering access to your previous lives, so I want you to put them back into the briefcase, lock the briefcase shut and then leave the chair and make your way back to the path with the wall and the doors, bringing the briefcase with you.

As you walk down the path, at the beginning of the wall you will find a dustbin. Put the briefcase in the dustbin, which shows that you are discarding these beliefs and you'll be free of trouble from them.

Now make your way further down the pathway passing the doors.

Continue on as with any other regression or Life Between Lives journey.

Life Plan Choices Technique

From the bottom of the steps assuming your client has already practised the journey a few times already.

Make your way down the path once again, passing all the doors representing your present life as *(client's name)*. Count down through the years, passing the doors representing your childhood now and walk past the door of the year of your birth in your present life.

Now I want you to look for door, one that stands out from the others, one that has behind it that period of time when you are making plans for your present incarnation. Let me know when you find the door.

Wait for a response.

Now I want you to open the door and step into the spiritual world at the time when you're planning your life as *(client's name)*. Tell me what you see.

Wait for a response.

Now I want you to think about your choices that we have talked about. Should you take your *(first choice)* or perhaps your *(second choice)*. Be aware of the point within this life planning stage where you are putting into place the direction in which you wish your life to take. Tell me, if there anything which connects the present-day choices and decisions you need to make?

Wait for a response.

Tell me about this point within your plan making, what direction do assure life plan intend to you to take?

Allow the client to give a commentary of what they are experiencing.

Thank you. Now that you have more of an idea about this stage of your life, you can make an informed decision about what to do next.

Now it is time to leave, so find the door behind you, open it and return to the pathway there in the garden.

Make your way up the path in the direction of the steps, bringing your thoughts up to date; armed with the knowledge you need to make the choice that you wish.

To the steps now and I'll count you up to the top and bring you back to normal conscious awareness.

Make full return.

A decision can now follow to help the client make the decision about what to do.