

Lesson Five

Therapy

Healing

Best Future Technique

Grief Therapy

Future Self Meetings

Symptoms

Alternative Outcome Technique

Dreams

LESSON FIVE	1
The Healing Side	4
Karma	4
Case Study - Janine	5
Best Future Technique.....	8
Three Versions	8
Method One	8
Method Two	9
Return From Best Future Technique	11
Method Three.....	13
Case Study - Lyn's Chronic Back	13
Alternative Outcome Technique	17
What if	17
The Main Use	18
Decisions.....	18
Case Study - On the Wrong Path	18
This Life, Past Lives, Future Lives.....	19
The Knock-on Effect.....	22
Alternative Present Technique	22
Meetings with your Future Self	23
Parts Therapy Style Meetings	24
Two Versions.....	25
Method One	25
Method Two	25
The Meeting.....	26
Integration.....	26
Case Study - Sisterly Conflict	29
Your Future Self Helping You	33
Phobias.....	34
Affect Bridge and Somatic Bridge	35
Informed Child and Inner Child.....	35
Case Study - Grief and Reassurance	36
Onion Skins.....	36
Another Go.....	38
Dreams and Premonitions.....	38
Personal Dreams	38
Synchronistic Dreams	39
Leave, Disconnect and Reflect	40
Leave	40

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

Disconnect.....	40
Reflect	41
Karmic Energy Exchange	42
Cutting Cords.....	45
Lesson Summary	49

The Healing Side

Future Life Progression is not just about wonderfully exciting glimpses into the years ahead; this is also a valuable therapeutic tool, helping our clients on their spiritual journey.

Just as Past Life Regression can heal past traumas, so can Future Life Progression heal future ones. Even if it is perceived that certain issues have not happened yet, given our new take on the concepts of time, perhaps they have. Either way they can still be treated in the same way as any other 'this life' or 'past life' issue.

Karma

This is the main area where Future Life Progression can help our clients. We all have an idea about the meaning of karma and to me it is all about lessons and tests. It is the objectives we plan for ourselves before our next incarnation all based on past deeds and imbalances.

Karma interlinks different lives together, if you present yourself with an experience or lesson to learn in one lifetime the outcome of this can have a knock on effect into other lifetimes, both past and present and future. This is very much the case if one does not manage to achieve the goals set out in their pre-incarnation planning stage. Basically, if they cock it up they will have to do it repeatedly until they get it right.

Once a badly dealt with karmic pattern has been identified; one which has most probably been started in a previous lifetime and is also current in a present one, a trip into the future can be made to see how the karmic lesson is presented again. The difference is that the future can offer a number of choices and we can do something to change the outcome. We can learn from our

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Lesson 5

future lesson and put the present one right. It is all to do with really understanding what the lesson is and by observing a previously unknown version of it in the future, a new perspective can be gained.

It is as if our future explorer can see it happening to someone else and as we all know it is always easier to help another person deal with his or her issues rather than sort our own out. A mechanic can mend a hundred cars but when it comes to his own, he's flummoxed.

Let's look at a case study to show how this all works.

Case Study - Janine

Janine had issues of abuse, mostly verbal. Her husband Mike was a bit of a tyrant and had a short temper. His childhood was difficult with a disparaging father who was always putting him down and never giving praise. This behaviour was taken up by Mike and he took it out on Janine.

She could never do anything right in his eyes and he would blow up at the slightest thing. She wanted to know why she was suffering this and why she had always attracted partners of a similar behavioural nature. She thought that a session or two of Past Life Regression would reveal to her any past experiences that would help her to understand the miserable life she was having now.

Very quickly, she homed in on the past life she had just before her present one and found herself in the 1940s in a war weary England. Her husband was a gunner in the air force; he flew in an aeroplane called a Wellington, a twin-engined bomber. He had a position in the tail of the aircraft. After a sortie, he would return in a highly stressed state, understandably given the dangerous nature of the job. It took him days to unwind and during that

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

period, his normal kind and gentle demeanour morphed into a restless angry monster. Janine's past life self took the brunt of this and in a way she felt sad that the man she was so in love with could turn on her. She took the abuse without fighting back as she understood that the war had changed him, he was not himself.

A year later, his plane went missing. It was shot down and he was presumed dead. He never had the chance to get over the atrocities he had experienced and to make amends for his behaviour. Unfinished business.

Janine recognised him then as her husband now and understood that they had reincarnated together again for Mike to learn the lesson and return to the kind and gentle soul he used to be. Very often, we set ourselves a hard lesson when we have not done well previously and with his current Father's influence, he was not able to deal with his anger and abusive mood swings.

I returned Janine to normality at this point and we discussed what could be done to change things. She seemed at a loss. I then suggested she looked at some future lives to see if the pattern repeated itself again, explaining that if she could see this situation from a different perspective she may be able to deal with Mike in a different way. Her next life showed nothing of this, it was all very peaceful and straightforward, she was a farmer in the Far East, China most probably. This was a quiet and peaceful life far away from the high tech cities of this superpower nation. We sometimes have these gentle restful lifetimes with not much going on.

The life following that one was what she was looking for. It was set somewhere in eastern Europe, one of the still developing countries. Again, she was not at all adept with names, dates and places. Mike was there again, this time a drinker and a layabout. When he was working it was long hours at some sort of factory while she sold vegetables in the market, they were quite poor.

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Future Life Progression Diploma Course
Lesson 5

This was quite interesting as it showed that not all countries develop equally, there were still pockets of resistance living out lives in the old-fashioned way. The future often shows a large degree of polarisation, the haves get richer, the have-nots poorer.

Mike's future life self would come home tired and irritable and then he would drink in the evening. He then became uncontrollable and became verbally abusive, sometimes physically. Again, Janine's future life self just took it literally on the chin.

I returned her to normality and then asked her to go back in again as her own present life self and become an observer of those two characters, in other words a third party viewer. She saw herself in the future as weak and pathetic, her words, not mine. "Why doesn't she stand up for herself?" "What on earth is she doing?" "I wouldn't stand for that!" It was then that she realised that in her current life, she was just as weak and it was not the way to be. She resolved to become strong and stand up to Mike whatever the repercussions. If his behaviour did not change then that was it, no more. She would leave him. His choice. I saw a new feisty side of her emerge right there in my therapist's chair. The worm was certainly turning. She knew that unless she changed, he wouldn't.

To finish off this rather long session I had Janine visit the same future life again but this time I asked her to find an alternative path based on her new resolve to stand up to Mike. Things were much better here in many ways, her future husband showed much more love and respect and their life was much more positive and wealthier too. Mike's future self was a different character driven to improve his work and family situation.

Janine now had the determination to break this recurring cycle of unhappy abusive lifetimes and she knew what she had to do.

Best Future Technique

Janine's change of thinking showed a different future, which was better. We can also use the same principles both within the future of a person's present life and the ones after that. As we have seen there are many different paths we can take, some much better than others.

In my Best Future Technique we can ask a client's subconscious to show us the most rewarding and positive path, it is theirs for the taking. This is a short cut effectively to the best scenario that can be achieved.

In general this is more often used in a 'this life' progression enabling us to see what we could have if we know how to get it. In exploring the best path we can bring to us the knowledge and understanding of how we got there. Therefore, we are blessed with the wisdom to make it happen.

Three Versions

There are three ways in which we can collect this knowledge and wisdom.

Method One

The first is the normal way of becoming your future self and tapping in to the knowledge and understanding of how we have arrived at this point, the client finds this by asking their subconscious to show them the path to their best possible outcome.

Method Two

The second way has more structure, they choose a door along their future path and behind it is a courtyard with more doors and these represent a range of alternative futures, one of which is the best possible outcome. It is suggested by the therapist that the one they are looking for will stand out from the others in some way.

The process used here is akin to the behaviour of cave divers or potholers. For their maximum safety they tie a line into the rock at their starting point and reel it out as they explore their water filled subterranean world. With everything looking quite similar and with so many twists and turns, one could easily get lost. Following the line back to its source will help them retrace their steps.

The reason for mentioning this is to do with the line itself and how the analogy shows that this connects one end of the journey to the other, it is less about finding your way back.

I am rambling; here is a script for method two:

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 future lives. Just find yourself on the pathway to the right, your future that now stretches away into the distance as far as you can see.

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 represents a year ... As you go down the path ... the further you go ... the further forward in time you go. Each door has a number written above it ... showing you the year.

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Future Life Progression Diploma Course
Lesson 5

If your client has had experience and this is an additional journey into the future then go from here:

Now I want you to turn right make your way along the path ... forward in time ... Look at the numbers above the doors, counting up as you go further along the path ... the first few doors you pass represent your present life ... you may be restricted from seeing all of them ... further along you will see doors which represent future lifetimes. *(This may vary depending on the client's objectives)*

Now I want you to look for a door ... a door which stands out ... a door which has a future life behind it ... a future life that will have alternative outcomes for you ... one that you can explore and choose which version is right for you ... 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. *(This may vary depending on the client's objectives)*

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.

And now you find yourself in a beautiful square courtyard with walls on four sides. Built into these walls there are more doors.

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

These doors will have behind them different versions of your future, based on your current behaviour.

One of these doors is very special, it has behind it the best possible version of your future ... the one that would be the best for you given what you want to achieve.

Like before ... this door will stand out from the others, you will be drawn to it ... it may be a different shape or colour ... tell me when you have found this special door ...

Wait for a response.

Now I want you to open this door and enter ... closing the door behind you ... you are now experiencing your best possible future, the most favourable outcome ...

Explore here in the usual way and help the client to understand the positive elements of this experience. When this has been done make a return.

Return From Best Future Technique

Whilst still in a future time:

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 the best version of this life (*or this time if exploring present life*) ... turn and face it ... open it ... and step back out into the courtyard ... closing the door tightly behind you, making sure it is properly closed.

What we now need to do is connect you to this best future scenario, the best path for you to take ...

I want you to imagine you are holding onto a coil of rope ... one

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Future Life Progression Diploma Course
Lesson 5

that is lit up so that it glows with energy ... tell me when you see yourself holding the rope ...

Wait for a response.

Now I want you to tie one end of the rope to the handle of the door you have just left, the one which represents your best future ... tell me when you have done that ...

Wait for a response.

Make your way back across the courtyard to the door that will lead you back on to the path, uncoiling the rope as you do so ... and then open this door.

Make your way back along the path in the direction of the chair and the steps and walk along the path, uncoiling the rope as you go ... Make your way down through the years into the 2100s now (*depending on the date of the life you have just left*) the 2000's ... down past the doors representing your present life (*ignore if working with a present life future scenario*) and then stand in front of the last door ... the one which is the closest to the steps and represents the present time.

Now I want you to tie the other end of the rope you have been carrying to the handle of this door, the present time ... tell me when you have done that ...

Wait for a response.

You have now made a strong connection with your best future outcome, and this will allow you to follow this path as you move into your future.

Make your way over to the foot of the steps.

Make normal return.

Method Three

The third way is a little more bizarre. My Advanced Past Life Regression course teaches a method called 'helping your past life self' where a client returns to a previously visited past lifetime but this time as their present life self. They can then meet and interact with their past life self and guide them through all manner of traumas, karmic deeds and issues.

The same can be done in the future but, in this case, the roles become reversed and the present life self meets with the future life self and it is the latter which does the helping.

As weird as it sounds, our intrepid time traveller can actually ask their successful best scenario future self how they got it so right. This knowledge, once gained will guide our subject towards this best scenario, as just experienced in the progression. Think of the possibilities, wealthier, healthier and perfect relationships all there for the taking.

Let's have a Best Future case study using the second method. We like those don't we children! This time we adapt the script for a 'this life' progression.

Case Study - Lyn's Chronic Back

This was a session conducted over the telephone as Lyn, one of my students, lives in Australia. She wanted help with a chronic back problem that had plagued her for a large part of her life.

Lyn is a very intuitive healer as well as a Past Life Regression therapist and had a good idea of what she needed from the session. Previous insights had showed her a past life, which may

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Future Life Progression Diploma Course
Lesson 5

or may not have given rise to soul fragmentation, there were other suspect previous lifetimes as well. She thought that maybe 'Soul Retrieval' therapy would be the appropriate course of action to take.

As with many Future Life Progression treatments we very often start with a visit to past lives in order to find original causes, we do not always know that we are going to go off on a jaunt into the future at some point in the session.

The first port of call was an exercise to check Lyn's soul integrity to see how complete the energy of her aura was. This was conducted at the safe place, in this case a reclining chair in a garden (quelle surprise).

For Soul Retrieval I often use the following method. The subject sees a full-length mirror that reflects an image of their energy system, their aura. They are able to see if there are any parts missing. Lyn could not really see any abnormalities in her aura, which would suggest that there was little or no fragmentation. I then had her look at a digital gauge at the top of the mirror that gave a percentage readout of her soul energy completeness. It read 90% so we then knew that 10% of her was missing. The next step required Lyn's subconscious/Higher Self to show on the mirror the date of a previous lifetime where the largest part of the missing 10% became detached. She clearly saw 1720 so I asked her subconscious if it was prepared to allow us to visit this life and the word 'yes' appeared.

We found the door representing 1720 and it was a stable door. She found herself as a 12-year-old boy called Paul and he looked after horses. Lyn has a passion for these noble animals in her present life too. So far what she had just experienced fitted in with a vision she has had in the past regarding this particular lifetime.

The home Paul found himself in was the same one owned by Lyn's

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Future Life Progression Diploma Course
Lesson 5

Father in her present life; in my professional experience over the years, I have observed that when soul fragmentation is present we reincarnate to the same area where the energy was lost.

We moved forward to the most significant period within Paul's life, the point where fragmentation took place. He was running away with his girlfriend who happens to have reincarnated as Lyn's best friend in her present lifetime, perhaps a planned scenario so that she could provide the right energies for Lyn to heal. The couple were being pursued by three rustlers that Paul had found out about, they wanted to silence him. One of them shot Paul in the back.

We left this lifetime then with the knowledge and understanding about why the soul fragment had detached at that point and why this was causing an ongoing effect on Lyn's back area.

In a process which involves a blend of Astral Travelling and Remote Viewing; probably the same thing really, I had Lyn start a journey from the safe place where she was guided to rise up into the air and travel to the physical location where her missing soul fragment had been lodged, these very often stay anchored to the place where the trauma has happened. This is done in the present time and given that Lyn lives on the other side of the world this would be a much better way of going about things. The alternative would be to book a very expensive ticket with Qantas. (Other airlines are available).

What has all this to do with Future Life Progression I hear you ask? Bear with me I will get there. We are doing this to help heal Lyn's back. Indulge me.

Lyn found her missing soul fragment in a field by a brook not all that far from her father's old house, she recognised it all. She recovered her missing energy, stage one of her back treatment complete.

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

After a break and a discussion about Lyn's upcoming operation to fuse two sets of her vertebrae I thought that to help this to be the most successful it could be, we could conduct a Best Future journey. See, I got there in the end.

The method was very simple, find a door just two years into her future and discover a courtyard behind it with some more doors. Each door represented a different alternative path she could be on at that point in time, two years from now. One of these would represent the best possible outcome for Lyn and her back problems. I asked her to find that one which she did almost immediately, it actually glowed with bright positive energy and light. This was the one. I asked her to open this door and become her future self. She said it was wonderful, seeing her future self in her healing room, feeling on top of the world.

All we needed to do then was connect Lyn to this future path, to own it. Remember those potholers and cave explorers, you may have seen them on television documentaries? Maybe you do a little subterranean exploring yourself. More often than not they run out this string, which they can then follow to find their way back. We use a similar principal here. On Lyn's return from her Best Future I asked her to lay a path of golden energy from that point all the way back to her present, connecting it to the door that represented the here and now. This would set in stone a future path, the only one she could go along.

Incidentally, between the Soul Retrieval and the Best Future journey I had Lyn meet the three rustlers in the safe place for reconciliation and forgiveness. It turned out that these are her three brothers in her present life, clearly a very focussed and important life for Lyn this time around. The planning of a new life can be very complex, many souls become involved in the contract.

Alternative Outcome Technique

This procedure is one that I created a few years ago and although it is featured in my Advanced Past Life Regression course, it has not only evolved since then but also has many uses within Future Life Progression.

What if

As far as Past Life Regression is concerned, this technique is implemented in order to answer the question “What if” and helps a client to explore alternative outcomes based on decisions and choices made in the past.

If an individual has made a life changing decision in the past; either within their present lifetime or a previous one, then there can be an ongoing anxiety as to whether the right choice was made. This uncertainty can create the feeling of concern which will lead to the “What if” question. What would have happened if they had made that decision differently at the time, where would they be now?

The Alternative Outcome Technique allows for a regression back to the time of the choice and then an exploration of the path they would have taken if they had chosen that instead. In a very similar vain to the techniques already presented in this course for future life work, they are now presented with a junction on the pathway and a second path leads away to another set of doors, ascending in time as they go along. This new path will show them where they would have ended up had they made the other choice. They can then work their way up to the present time to see what they would be doing now.

The Main Use

The main function of this technique is to alleviate the anxiety of not knowing. Even if the alternative path shows a more favourable outcome, it doesn't matter. Knowledge is power and can quash the worry of not knowing.

Again, this technique has to invoke the argument for a multidimensional reality, why else would there be such vivid and very different paths to explore?

Decisions

As we go through life we make decisions numerous times a day. Some large, some small, some so trivial like what flavour Whiskas I think the cat would like this morning, whilst others are life-changing and need to be right. Sometimes they need to be in accordance with our life plan.

If we do make the wrong decision, that is our prerogative. This is our free will. It sometimes puts us on another path that is wrong for our life's blueprint; this is when everything seems to go wrong.

Case Study - On the Wrong Path

As an example, a beautiful young woman had a life-plan to meet a certain gentleman, get married and live happily ever after. They knew each other vaguely as they lived in the same village, pre-incarnation planning had seen to that.

The young man, the eldest son of a wealthy gentleman farmer and also the heir to his considerable estate, had recently caught glimpses of this stunning young girl, hardly recognizing her since

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Lesson 5

she had grown into adulthood. He had been away for a couple of years at university. She had also noticed him and felt an attraction.

After a while, he found himself thinking about her more and more, until one day he decided he was going to ask her out. He chose a time when he knew that their paths would cross and waited on a park bench for her to walk past. When he saw her, he froze. As she walked towards him, he stood up and tried to speak but for some reason all his confidence just drained away from him. He managed a “Hi” but that was all. She said “Hello” back and kept on walking, leaving him standing there with his mouth open.

He felt awkward in her presence for some reason and he felt he had blown his one chance to talk to her and ask her out. He never did speak to her again and eventually she married a local lad and had a really unhappy stormy relationship. The young man lost all his confidence and remained a bachelor.

In this case, it was their life plan to get together and other souls were depending on it to become their kids. By a split second of hesitation, a wrong decision, it all went terribly wrong. The young man probably spent many hours wondering what life would have been like had he spoken to her properly that day.

This Life, Past Lives, Future Lives

The above scenario could be a present ‘this life’ situation, but what if this all happened in a previous lifetime and the result of the wrong path started to affect subsequent lifetimes. You could cause a ripple, which could decimate all sorts of future dreams.

The wrong decision could be in the future just as easily.

What if...

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Future Life Progression Diploma Course
Lesson 5

If someone is on the wrong path in life because of some wrong decision, they may develop anxiety-related symptoms such as depression so they may come to you, the therapist, for help.

It may well be to do with being on the wrong path in their present lifetime, but just as easily these symptoms could be brought along from a similar set of circumstances in a previous lifetime.

Regression will show the root cause of the symptoms and if you are able to establish that, at some stage, there was a wrong decision made and it is making your client feel bad, then you can now help them answer that nagging question:

What if ... ?

Using the scenario above, “What if I spoke to her that day – where would I be now?”

Or in another scenario, “What if I had gone to visit my old friend in Spain and had taken up his offer of work? His business is really successful now, and I would have been a partner.”

“What if I had understood my past life lover more and had not taken her life in a fit of jealousy?”

Here is a very generic script for the Alternative Outcome Technique. Adjust according to taste.

Start from the safe place once a ‘wrong decision’ point has already been established within a progression or regression.

I want you to leave the chair now and return to the pathway which takes you back to your future (*or previous*) lifetimes. Make your way back along the path and find the door that you visited

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

last time ... behind which there is the point of time where that wrong decision was made. Find this door again and tell me when you are there.

Wait for a response

As you stand looking at this door ... I want you to look behind you and you can now see, at this point there is another pathway, which leads off. It is like a junction in the pathway on which you stand. Look at this pathway that leads off and tell me when you see it.

Wait for a response

This pathway represents an alternative route for you. It shows where your future (*or past*) life would have taken you if you had made the other decision at that time.

So now, we can see what taking the other decision would do for you. Take this alternative path now ... make your way up this path ... passing the doors representing the years following the point where you made the decision ... You can visit a later time within the lifetime where the decision was made ... or you can visit future lifetimes after that to see how a different decision choice has affected those future lifetimes.

Ask your subconscious to show you a door now ... a door that shows you an important point following the alternative decision ... one that is significant and will help you understand where the other choice would have taken you. Look for this door now and tell me when you have found it.

Wait for a response

I want you to open the door now ... step through to the other side and as the images form strongly around you tell me where you find yourself ... tell me how this alternative life-plan works out.

The Knock-on Effect

What has all this got to do with Future Life Progression? How many future lives will be out of kilter because of a wrong decision. With this knowledge, things can be addressed, altered and put back on track.

So now, this technique evolves:

Alternative Present Technique

A new name for this developed element of the Alternative Outcome Technique. The alternative 'present' is the most important point within this therapy as it will give an exact comparison; where they would be now. Although this whole concept is still geared primarily to past decisions, there is still good reasons to present it here. We can blend past, present and future outcomes so this becomes a very adaptable and universal tool, which can be tailored to a client's needs.

With this in mind, a short cut can be taken in order to get to this present point within an alternative path.

Many alternative paths in fact as quite often we are presented with all sorts of choices to make at any one point in time. Show your client to the very first door they come to, the one representing their present time. Behind it will be another courtyard with a few more doors, the number depending on the number of choices they had at the time of their previous decision, a brief description of each choice written on the front of each of the doors. They can explore each one in turn or choose to see which one would have been the best. Now you can see the

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

parallels between this and another similar process known as the Best Future Technique, only the starting point is different.

Again, a very generic script, adaptation as needed.

Starting at the foot of the steps with the knowledge of when and where the wrong decision was made:

Step onto the path ... turn right and find the very first door there ... the one which represents the present time.

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.

And now you find yourself in a beautiful square courtyard with walls on all four sides ... Built into the wall in front of you there are two doors ... These doors will have behind them different versions of your present, based on that past decision.

(If multiple decisions could have been made, provide the appropriate number of doors)

The door on the left is your known present ... the life you are living now ... the door on the right is the alternative outcome ... had you made the other decision ... the alternative present you would be living in now ... this date ... this time ...

Please go to the door on the right ... the one with your alternative present time behind it ... open it and step into your body ... close the door behind you.

Now go through a normal exploration. The return is the reverse.

Meetings with your Future Self

There are many therapeutic advantages of this group of techniques. If we can meet and interact with our other selves then many things can be addressed. This is a wonderful way of working, thrashing out karmic imbalances that have a common thread through past, present and future.

Parts Therapy Style Meetings

Already touched on within this course here and there, this is a variation of the well-known and practised Parts Therapy. Again, there is a Past Life Regression version of this in the Advanced Past Life Regression course.

As you probably know, we are made up of individual character parts or ego parts as Freud referred to them. These parts form throughout our lifetime and sometimes some can hold onto trauma and negative energies, causing an imbalance.

In conventional 'this life' therapy, we hold a meeting and invite certain parts of our client for negotiation. Over time, I have developed a very elaborate way of doing this, we create a room with a table and chairs. With the therapist's guidance, different parts are invited in for negotiation and these are seen as completely separate entities. For instance, if there is an unhappy child the part entering the room will be seen as that much younger version of the client. I ask the client to blend into the part in question and become that character so that I can communicate directly with it.

Taking this principle a stage further we can substitute 'this life' character parts with past life parts, or future ones or both at the same time. In other words having made a few journeys into previous or future lifetimes you can bring all those past or future characters, just more character parts of our client, into the meeting.

Two Versions

Depending on what you are trying to achieve there is a simple way and a more complex way. Every case is different so it is impossible to provide definitive guidance here; to a point, you have to make it up as you go along.

Method One

This is a simple form of a one-to-one meeting at the safe place, chair in the garden or building etc. If your client has a need to reconcile some imbalance with one of his or her past or future selves they can just invite them into the safe place (provide another chair) and have a chat with them. This helps to understand certain behaviours and even encourage a change in what their other selves do.

There are so many variations of this that the provision of a script for this would serve little purpose.

Method Two

This is the more elaborate version, a meeting with a number of future and/or past life selves.

Working from the safe place – oh, I don't know, perhaps a chair in the garden? – instruct your client to imagine that they are leaving this chair and walking across to a new part of the garden and then finding a new set of 10 steps which will take them down to another lower level. Suggest to their subconscious that this would take them to an even deeper level, to the very core of their being.

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

Count them down the steps and then onto a small winding path, perhaps through woodlands. The path then opens out into a wonderful sunny, brightly lit clearing. In the middle of the clearing, there is a small building with a large door. You instruct your client to imagine that they are walking up to the door and going inside the building. They find a meeting place there. I use a table and chairs.

The Meeting

Your client chairs the meeting and invites a number of future or past characters into the room for negotiation. You instruct your client to invite those who are in conflict with the other selves, which have an imbalanced karmic issue. I ask them to describe each character as they arrive.

They then invite each of their other selves to sit down beside them and ask them about why they are out of balance with the rest of the other selves. They can even stand up and step in to the other self and become that past or future person, so that you, as the therapist, can negotiate with them directly.

We can then work out a new deal, one that all the different selves agree to and resolve the past and future issues that have caused the imbalance, which in turn has led to conflict within the client's present day mind.

Integration

Once everything has been reconciled, I ask the client, as the chairperson, to stand up with all their other selves and amalgamate into one being, becoming whole. This process is known as integration because we must understand that we are the culmination of everyone else we have been or will be.

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

They can then return to the middle level, back up the steps to the chair in the garden.

Of course, this is only suitable once your client has spent some time visiting quite a few futures and maybe some previous lifetimes, where they have found common behaviour linking one life to another. It would be for the type of client who really needs to resolve certain issues and has visited your therapy room on a number of occasions so far.

The meeting can then go on with as many other selves as is required. They can become the individual past or future life characters so you as the therapist can talk to them. They can heal them by getting them to understand what role their other self has played in the imbalances that had been brought forward or back into the client's present life.

This will bring about balance and allow your client to heal from these karmic issues. You can involve one or two other therapies here such as forgiveness of the various selves.

Here is a script just to illustrate the journey:

Working from their safe place, the chair in the garden:

I want you to leave the chair now and make your way behind the chair and then walk across the garden. Here you will find another set of 10 steps that will lead you down to an even deeper level within the garden ... and a deeper level within your mind. Down to a level where you can actually separate out the different past and future selves that form together to make you who you are.

As I count you down this set of steps, you will find that you will go even deeper still ... deeper than you have ever gone before. Make your way down the steps now 10 ... 9 ... 8 ... 7 ... 6 drifting really deeply now ... feeling that sinking down feeling ... 5 ... 4 ... 3 ... 2 ... 1 and down onto this really deep level.

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

You now find yourself in woodland upon a winding path. Make your way along this path ... and now it opens out into a wide, bright clearing in the wood. In the middle of this clearing is a small building with a large door at the front.

Please walk up to the door ... open it ... and step inside the building ... closing the door behind you. You now find yourself in a single room, which is painted white and is well lit. Within this room there is a table and a few chairs. Sit down at the top of the table in the main chair ... you are going to be the chairperson of this meeting.

This is a very special place ... one of belief and capability. A place where you can meet all the different facets of your own past and future life selves as separate entities. You can invite them in one by one as separate individuals for negotiation ... understanding ... healing and forgiveness.

So I want you to invite into this room now ... the future (*or past*) self of you which is responsible for (*state issue*). Allow that other life self to come in now and describe him (*or her*) to me.

Wait for client to describe their past or future self: physical appearance, manner etc.

Now I want you to both stand up and I want you as the chairperson ... to step into that other self ... become that other self so that I can negotiate with you ... speak with you directly. Tell me when you are there.

Wait for a response.

You then negotiate with the various other selves, understanding what role they play, and what they can do next to make things better. When all the negotiating is done carry on like this:

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

Now I want you to all stand up together and to merge into one another to become one ... one whole person. Tell me when that has happened.

Wait for a response.

Tell me how it feels to be a whole and balanced person.

Wait for a response.

Thank you ... it is now time to leave this building and you are returning as a whole being, balanced and healed. Open the door and step back out into the clearing in the wood. Close the door behind you and then make your way back through the little winding pathway in the woods to the foot of the lower set of steps.

I will now count you up to the middle level where you will find the comfortable reclining garden chair ... and you can rest there. Make your climb now. 1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... 10 now returning to the middle level of the garden where you find the comfortable reclining chair. Make your way back to the chair ... settle yourself down once again ... relax and drift away ... deeper and deeper.

Case study. Here is an example of how this works.

Case Study - Sisterly Conflict

Again, this all starts off with a Past Life Regression session. Erin had an issue with one of her two sisters. She loved them both dearly but with Siobhan, there was always friction and an unfathomable feeling of resentment. It always got worse when Erin had a new boyfriend and when the time came to introduce him to her sisters.

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Future Life Progression Diploma Course
Lesson 5

The girls were only a year or so apart in age so they frequently went out together. Erin was fine with her other sister Keeva and had no problems when they were out together with boys. With Siobhan, she always had this feeling that her man would fancy her sister more than her, she felt she would take him from her.

Although this feeling was very strong, it was totally unfounded, as Siobhan had never done anything like that.

Erin could only conclude that there must be something in a previous lifetime that caused this feeling. She was very spiritually attuned and had meditated before so regression came naturally to her so within the first session she found what she was looking for.

Back in the 1900's she was a young woman living in Wales and was engaged to a man in her village. She lived with her mother who gave birth to her illegitimately and at a very young age. There was no father, she never knew him.

She brought her fiancé home on a number of occasions and he got on well with her mother, perhaps a little too well as there seemed to be an uncomfortable level of flirting between them. She never let her mother know how this behaviour made her feel; she put it to the back of her mind.

One evening Erin's past life self came home earlier than expected after visiting friends in the next village. Arriving late in the evening rather than the next morning as planned and so not to disturb her mother she crept in quietly. With her shoes off, she made her way upstairs. She heard voices, familiar voices. It was definitely her fiancé she could hear and the sounds were coming from her mother's bedroom.

She threw open the door and found the two of them in bed together. Her fiancé looked mortified, her mother smirked. The shock of this actually pulled Erin out of hypnosis, her eyes

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Future Life Progression Diploma Course
Lesson 5

opened and she just said “Bitch!” I returned her swiftly into hypnosis in order to return her correctly and then we had a chat. She told me that she instinctively knew that her mother in that life was Siobhan in this one. Her mind was racing, thinking back over her past relationships, there were quite a few that didn’t last that long - they seemed to go wrong once they had met her sisters.

Erin just could not shake off the idea that this pattern had occurred again in her current life. Siobhan had certainly gone out with a couple of Erin’s ex-boyfriends but not immediately after the break ups, this added fuel to the fire. She had no proof of anything untoward going on, just a feeling that something could have.

We discussed the idea that Siobhan had probably reincarnated again with Erin in order to atone for the past deed back there in Wales and therefore the lesson or test could well be presented to her again now in order to give Siobhan the chance to get it right. Contrary to what I thought, the idea of this seemed to make Erin even more paranoid. I was having a hard job squeezing the worms back into the can.

To see if this was the end to this karmic pattern I suggested a Future Life Progression to see if the same issues continued on into other lifetimes.

I asked Erin to see ‘if’ there was a future life where her suspicion and anger was still prevalent, another time when both she and Siobhan were reincarnated together. She went quite a long way into the future before she found a lifetime with the right criteria. It was 2157 (how exciting) and this time Siobhan was her daughter, now in her 20’s and living away. Erin’s future life self lived alone, her daughter’s father nowhere to be seen. She had many partners but they came and went, this seems to be the way of things this far in the future, less emphasis on close family relationships, more on work.

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

Erin's future life self's latest boyfriend was quite a bit younger, not as young as her daughter was but not far off, he could probably date her just as easily. On one of her daughter's visits Erin's future self again experienced this overwhelming feeling of foreboding when her daughter met her boyfriend for the first time. We moved forward a few months to see if anything did happen between her daughter and boyfriend. Nothing did, again her feelings were unfounded.

We returned to the safe place and I felt we needed a meeting between Erin's past and future selves to work out a formula to break this recurring pattern that is the Green Eyed Monster. The mother from her previous lifetime (Siobhan in this lifetime), the original cause of the problem, was invited into the garden along with her (Erin's) own past life self from that lifetime (come on, keep up!) From the future, she invited her daughter (Siobhan in Erin's present life. OK, I'll wait ...) along with her own future life self (Erin's that is.) What? You think this is getting complicated? It might be an idea to take notes and draw a diagram, or perhaps put the kettle on.

Remember that the four visitors are equivalent to parts of Erin and Siobhan's characters. With all interested parties gathered it was time for negotiations to begin. A therapist must approach this slowly and keep a cool head, notes are helpful and, unlike mine, ones you can actually read are even more useful.

To break the pattern; first held on to by Erin's past life self as the daughter in Wales in the 1900's, we had to have her confront her mother in that life, the one who slept with her fiancé and just smirked (who is Siobhan in the present time.) I asked her to say how she felt. As in Parts Therapy I asked the present day Erin; the chair person of this meeting, to step into the avatar like representation of her former Welsh self so that I could guide her directly.

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

Pause for a moment. Just to reiterate, Erin is the real person there in my therapy chair if you are still following this. If you are not still following this, Erin is the real person there in my therapy chair.

Erin's past self sought an apology and a show of remorse from her former mother, her sister Siobhan in her present life. From Erin herself we needed to gain and acceptance of the sorrow and to offer forgiveness. She then had to let the trauma of what she experienced go. During this exchange, which was much longer than conveyed here, it transpired that the mother had karma with the fiancé in other lifetimes before the one visited by Erin and this is why the affair happened.

I then had Erin turn to her future life self, visiting from 2157 and her daughter (Siobhan now) to get them to understand that the issue had been healed and there was no longer a need to hold on to an unfounded fear of her daughter running off with her boyfriend. They agreed to let this go.

Actually, the meeting was easier to work through at the time compared to my poor attempt at reiterating it here. Once wisdom and understanding, sorrow and forgiveness was all dealt with, each of the other life selves experienced balance and gratification.

Erin felt that a weight had been taken from her shoulders; she now knew that her sister was no longer a threat.

The bigger picture can certainly show things from a different perspective.

Your Future Self Helping You

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

Earlier we looked at how a visit to one's future self; being there in that future life as your present life self, can help gain wisdom which can be utilised for the greater good.

What would happen if your future life self had a regression session and came back in time to help you?

Food for thought.

Phobias

As we know, an irrational fear can be the resulting symptom of a repression. Trauma experienced in previous lifetimes can have a knock on effect through many lifetimes. In regression, we attempt to find and re-experience the traumatic event in order to release the associated trapped emotion, the cause of later symptoms.

As time is fluid outside our three dimensional existence it could be argued that any future life trauma could also cause the symptoms of a phobia in our present life. In other words, there could be the possibility that the cause of a phobia is located in the future. Certainly an ongoing phobia; the original repression, will appear again in later lifetimes if not dealt with by your local friendly Past Life Regression therapist.

On very rare occasions in Past Life Regression an original cause cannot be found, the past life traveller is not directed to a time and place in a previous lifetime. This could be one of those times where we should perhaps look to the future instead. This is very uncommon so we need not worry too much about it but at least we have another avenue to explore.

Affect Bridge and Somatic Bridge

Given the above, we can employ many of our existing tools to find causes in the future as well as in the past. If a cause cannot be found in the past then maybe it is lodged somewhere in the future.

As far as linear time is concerned the cause of a future trauma may not have happened yet. The soul however has no such time restrictions and therefore it could hang on to repressed emotions caused by future events just as easily as ones created in the past.

The Affect Bridge and it's sister the Somatic Bridge can be used to track down these causes.

If you have never heard of these techniques then you must immediately go and buy all of my other courses!

Informed Child and Inner Child

Two different titles for much the same thing. The informed child technique, or Inner Child therapy is used to 'desensitize' an issue by allowing your client to return to the scene of a trauma, armed with all the adult knowledge, wisdom and understanding that they now possess.

This allows a new perception of the event, which will help the healing process by enabling the individual to see these past or indeed future events in a new perspective. This sort of amalgamates with some of the other processes already discussed when a client meets their future life self, visiting them as their own present life self.

It would be impossible to give a definitive sequence of events for this sort of work as each case will be different. It is all a matter

of using a subtle blend of common sense, experience, wisdom and intuition. You will know what to do.

Case Study - Grief and Reassurance

Here is another case study to show some more applications for Future Life Progression.

Very often, when people are experiencing grief they look to spiritual matters for understanding and closure.

Dave had lost his wife at a very young age and was devastated. He wanted to know if he would be with her again in another lifetime. This was a straightforward progression and the question to his subconscious started with an 'if'. This is one of the most important little words in our profession and we should use it often to avoid leading our clients into False Memory Syndrome.

So this was a case of 'if' Dave does reincarnate again with his wife in the future, please let him find a door. He did. The life he was shown was about eighty years into the future so it was more likely than not his next consecutive life.

He found himself with his wife reunited once again. There were located in a high-rise apartment block in a very technologically advanced room where the walls formed part of the in-house intelligence system, just one huge wrap around screen.

Dave recognised and interacted with his soul mate and this helped him along the lonely road of grief.

Onion Skins

Another analogy I like to use to get across the complex laws of

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Future Life Progression Diploma Course
Lesson 5

karma is onion skins. It can be assumed that if a karmic imbalance is created in one lifetime then in some later lifetime, when the prearranged conditions are right, actions will be taken to rebalance.

Imagine the energy of this imbalance at the original event as the centre of an onion. The goal here is to have balance so that this onion does not grow – the bigger the onion the worse the problems. In the next lifetime the individual will be presented with this ‘test’ again and if they get it right and balance the karma then all will be well, that particular onion will disappear, meaning no imbalance of energy. If however, they mess it up they will add another skin to this onion, making the overall energy imbalance larger. If, in the next three associated linked lifetimes, not necessarily consecutive ones, it all goes wrong, the onion grows.

Now here is the important bit:

The bigger the onion skin, the bigger the test. So if you fail at a task you get it again, only this time it is harder. If you do well and get it right and pass the test, a skin is removed but not the rest, yet. This means that the test will still be presented again, but to a lesser degree, a smaller onion skin.

Therefore as an example, if you have messed up seven times you will have seven onion skins to sort out and live seven lifetimes where you get this challenge. And it will only be that maximum of seven if you do well every time. If you go wrong again, you get back the skin you lost last time. In other words, get it right every time and you will never get that test again, all your skins will be gone.

Therefore, as we all have hundreds of onion skins, it takes an awful long time to evolve.

If we do make wrong decisions and trash a life plan, we get the

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Future Life Progression Diploma Course
Lesson 5

test again in another past lifetime or sometimes later on in our present life or future lifetimes if the universe and Higher Self are really on the ball.

If we employ a therapy such as the Alternative Outcome Technique or it's sister the Alternative Present Technique, we have insight into the other outcome of any choices presented to us. This will merge into our psyche and help us as we take the next test, the next onion skin.

Another Go

Now that your time traveller can see the alternative outcome in a future lifetime, there is every opportunity to get back on track. If the alternative future is the right way to go then by connecting with this new path they can head towards it, choose it. This employs the Best Future Technique, which was featured earlier.

Dreams and Premonitions

Something else you may encounter from time to time is clients who have had a vivid dream about their future or maybe a premonition about some important future event such as 9/11. There is usually someone who comes forward before such events, or afterwards.

Personal Dreams

These can be about something within the future of their present life or even more bizarrely for them, something from a future lifetime.

They can be regarded as a form of spontaneous recall, the sort of

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

past or future memories that can surface all on their own.

When a client brings you some details of a future dream; be it a this life or a future life one, you can use it as a starting point for exploration a bit like a future life sat nav. You can get your client to really concentrate on the dream and then ask them to find a door in the future which connects to it, always adding “If there is a future life associated” of course, so as not to lead your client.

The subconscious is providing these dreams for a purpose and this is never really a random occurrence. It may be to do with a future life issue that links to the client's present life behaviour, perhaps some pivotal point where decisions are being made. It is part of their life plan to sort it out in order to shape their future.

Once your dreamer has found the associated life, then it is business as usual as far as healing is concerned.

Synchronistic Dreams

Although a very rare phenomenon, sometimes you have karmic partners who have shared the same future life dream. They each have a dream, showing their side of an interaction with their karmic partner. I say karmic partner but of course it can be soul mates, members of a soul group etc.

This is probably a way for their higher selves to assist the two individuals with their karmic resolutions and future contract planning.

The important thing about this experience is the fact that they have these dreams at almost the same time. Therefore it is very important for their life plans to know about each other's dreams; crucial points in their intertwined lives where choices are being made.

For that reason, this is only useful if the two dreamers already know each other - and they both come to see you.

Leave, Disconnect and Reflect

The procedure I am now going to show below is to do with what happens just after your future life explorer has left a life. As nearly always, this can be used for past life work as well.

Leave

When your future life explorer is ready to leave a future lifetime, it is helpful to assist them with some consolidation of their experience.

They need to be given the opportunity to reflect on the meaning of what they have just encountered, and to gain insight. This is best done whilst still in hypnosis, immediately on leaving that lifetime and closing the door behind them.

Disconnect

Using the theme of the doors, the very first thing clients must be instructed to do is to disconnect themselves from the life just visited. This breaks any links that could be brought back into the present as these may cause unusual troubled thoughts or flashbacks. To do this you say:

“Close the door, making sure it is firmly closed and now disconnect from the life of (*future life name*) but bring back with you any memories of that lifetime which will be of benefit to you.”

Reflect

Time for your time traveller to have a little review of the future life they have just experienced to see what insight there is to gain.

Just outside the door, have them find a little bench to sit on and rest. As they do so, ask them to think about the future life that they have just visited and to allow a few words of wisdom to just pop into their head. As they are still in a good level of hypnosis the subconscious is still dominant so it will supply this insight, allowing your subject to come up with some really quite philosophical statements.

This allows your clients to reconcile their experience and truly understand the lesson they have been sent there to learn. For example, they may realise that it is important to be more tolerant and patient with the people they interact with or they will understand why they behave in certain ways. Help them along with some positive comments and insights of your own if you feel it is appropriate.

Once this is done you can now move on and find another lifetime to explore or return to normality.

Here is a small script for this procedure:

Let those images fade now and I want you to be aware of the door ... the door that you used to come into this lifetime ... 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

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Future Life Progression Diploma Course
Lesson 5

you to disconnect yourself from the life of (*client's past or future 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 have 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.

Karmic Energy Exchange

As we go through our lives from past to future we have interactions with other people. Some of these encounters are good, others not so good. Every interaction that we have with another being creates an energy exchange and sometimes it is given freely in the form of love or support, just as often it is gained as a result of a less agreeable interaction. Who do you know that makes you feel drained when you are in their company? On the other hand who do you know that makes you feel on top of the world when you moan about your lot?

Remember always that time is a three dimensional concept, our future life karmic partners can have an influence on us now just as much as our past life ones.

There are four main ways in which energy is taken without permission and these are forms of behaviour known as control dramas.

First, we have the bully, the one that makes you feel small and

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Future Life Progression Diploma Course
Lesson 5

intimidated. It could be a boss at work or the big guy down the road who tries to pick a fight if you so much as look at him.

Then there are the ones who make you squirm by asking awkward questions to try to get you into a corner and when they have reduced you to a stammering wreck, they give you a triumphant smirk.

The next category features those aloof individuals who draw you into their lives with vague comments that hold your attention yet make you feel uneasy.

Finally, we have the sympathy seekers, always feeling sorry for themselves exhaling big sighs and making you feel their pain.

There are one or two additional specialist energy stealers such as the guilt tripper who cleverly manipulates you into feeling guilty when you have nothing to feel guilty about. Then there is the sort who revel in disappointing people, building up their hopes with some sort of promise and then letting them down at the last minute.

I am sure you recognise all of these behaviour traits in people that you know. If there are people in your life who do not represent any of these categories then they are the truly balanced ones having enough energy of their own so they do not need to steal.

Which one are you? Know thyself!

Using healing techniques in the safe place following a progression we can guide our clients to regain the energy from all those who have taken it from them and then this will help to cleanse and balance, which in turn will clear future karma.

Here is a short script to demonstrate how we can guide our clients to regain stolen energy.

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

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 in that future life. Invite *(past or future 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 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 *(past or future life character's name)*. The energy comes towards you as you bring it back into

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

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 (*past or future life character's 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 Cords

In addition to the above procedure, there may be a need to deal with 'Cords of Attachment'

Energy exchanges between people can cause permanent connections in some cases, especially if there is constant interaction as would be the case with family members. Our spiritual, high-frequency electro-magnetic energy can ebb and flow along connective bands of energy which form between two individuals.

These are known as Cords of Attachment and can form for a

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

number of reasons. They can be regarded as an etheric bridge that holds people together and energy can quickly travel from one to the other. In the best-case scenario, there is equal exchange.

In a loving relationship this is a good thing as the energy gently flows back and forth keeping both parties content and balanced. Cords become troublesome in less harmonious relationships as any stolen energy can pass quickly from one end to the other causing a drain and imbalance to the less fortunate person.

Cords of attachment are also present as a result of past or future life karmic imbalances, holding many different pairs of karmic partners together over many lifetimes. Once identified these cords can be broken which will release a Soul from this bond.

We could be connected to many people with these cords and if they were visible, they would probably make Spaghetti Junction look like a quiet country lane by comparison.

As we have seen there are many factors that hold back our ability to raise our frequency so we have plenty of scope when it comes to working with our clients. There are many who want to prepare for the changes that will occur, as both we ourselves and our beloved Mother Earth evolve, and by relieving themselves of the many forms of 'baggage' discussed in this lesson, they will achieve their aim.

These cords have to be broken to prevent any further energy exchanges. We must never assume anything and to suggest that they find some cords would be totally inappropriate, leading a client is very much a no go area. We need to use our hypnotherapy language for this. This means that we have to guide our clients to see 'if' there is a Cord of Attachment present. There may not be but if there were, would they please describe it. This hands over the onus to the client to decide if they can see any cords or not and if they can, then you will be able to help your client to sever them. Assuming there is a cord we need our

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

subject to be familiar with it and see it clearly, which is why we ask them to describe it.

They do not need permission from the Souls connected to them to break this link because the chances are that it formed in the first place through unfair manipulation. Instruct your client to choose a suitable tool to cut the cord, some may choose scissors while others prefer a great big axe. The important thing here is to tell them to break the cord at both ends as this will reduce any possibility of reconnection.

Finally, the cord must be destroyed and fire is the best medium. In my normal garden theme, I suggest a nice big bonfire, but if you are using an indoor theme with a Healing Room, this may contravene health and safety regulations, we had better conjure up a nice little wood burner in the corner. If you have a cosier theme going on you could have a good old-fashioned open fire instead.

Have a look at the script.

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 in 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 future (*or past*) life. Invite (*future or 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 and tell *him/her* how

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

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 on that person as a cord attaching you both together. There may be more than one cord. Only tune into the cord that connect the two of you. Tell me when you see the 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 this 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.

The Past Life Therapists Association
Future Life Progression Diploma Course
Lesson 5

This cord has to be destroyed so that it can never reconnect ... so I want you to take this severed cord to another part of the garden ... and here you will find a bonfire.

Throw the cord onto the bonfire and watch as it burns and turns to ashes ... tell me when that has happened.

Wait for a response.

Now return to the safe place and ask (*future or 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.

Lesson Summary

As you have seen, effectively just about any technique you already use in past life work can be adapted for future journeys.

A full summary of all the procedures presented within this course will be offered in the next lesson.