

## **Week 10 Video 1 Age Regression and Parts Work**

I have done a session with Preston on using age regression and I did a session with Preston on parts work. These are advanced techniques and I just want to expose you to those so you can kind of look forward to some of the other amazing things that we can do when clients are in hypnosis.

The purpose of the parts work is to help the client integrate the one part that's stopping him from doing something with that wonderful wise part that has all the solutions that can help him to do what he wants to do. The time to use parts therapy is when you have a client who comes in who says "You know, I really want to stop smoking, but part of me doesn't want to." That's where parts therapy comes in.

With parts therapy, you're going to have the client actually notice where that part is that's been holding him back. In Preston's situation, it's been holding him back from taking this leap from where he is in his career to becoming a coach and it's been there for a long time. So I have them, "Just your close your eyes and notice where this part is. And I don't know where it is and you don't know where it is, but allow a little light to shine and let it get bigger and bigger and just pretend to notice that this part is inside of you, now Preston, just point to where this part is." And he might point, maybe it's in his stomach, maybe it's someplace else. And then, I facilitate a simple conversation with this part, thanking the part for being here, asking the part what its purpose is.

Generally, most parts that are stopping somebody from moving forward, their purpose is to protect the client. That part doesn't want the client to fail, doesn't want the client to have bad feelings, and we know that, that part is really indicative of the thoughts here in the subconscious mind where our subconscious mind protects us even though it's not really what we want all the time.

Then, through that conversation we ask the part "are you willing to help make this change?" If the part says "yes," ask the part if it knows how. If the part says "no," you can connect it with another part that knows how. You're kind of getting the gist of all this.

Now, what was interesting when you watched this video with Preston is that when I ask them to connect with parts, I realized only later on that as soon as he said "Oh, well this part is there to help me, I had asked him to look for the part that was preventing him from moving forward and I don't know if he didn't hear me or he wasn't deep enough into hypnosis and his conscious mind was just coming up with something.

So I'm just throwing this in so you can see that there's no real failure and it's okay to keep on moving forward with what your goal is in the hypnosis session.

Now, the age regression, I used the technique called affect bridge to help Preston go back in time and affect bridge is just taking that feeling that he has every time he thinks about moving forward and taking that feeling and following it back in time to the very first time he felt that feeling. That's the goal of that hypnosis and you'll see how it kind of went not quite in time exactly the way I expected to do it. It kind of jumped around and I wasn't too sure where it was going to go, but doing that age regression, it was really an uncovering technique helping me to learn more about Preston, where things were coming from, what was going on, but more importantly, to have him have an experience where he got to talk to his younger self and let his younger self know in advance what was going to be happening in his life and having Preston say, "I'm going to be there for you -- that young Preston, I'm going to be protecting you and helping you throughout your entire life."

The age regression has some of the most profound effects on my clients on almost anything, and when Preston came in a week after that age regression, it was amazing. He said, "I don't even know what you're doing and how things are working but things are starting to move and I don't even understand how I'm doing things much more easily." Well, it wasn't just the age regression, but it was a combination of all the things that we've been doing throughout the sessions.

So let me just give you a little graphic of what the affect bridge is. You're going to have the client go to that feeling and focus on that feeling and make that feeling really really big. Make that feeling really big just for a moment. I also had Preston imagine that on the floor was a timeline, it was kind of like a magic tape measure. And so, his timeline, he was sitting here and this was his past. This is where he started, where he was born; this was today, and this was 70, 80, 90 years old. And I had him say, "Okay, you're here right now, I want you to take this feeling, imagine this feeling, roll into a ball and I want you to imagine you're throwing it all the way back into the past to the very first time you ever experienced this." And he throws it and it's back here, I forgot what that age was. I think he was in his 20s. I'm like, "Okay, my instructions were to the very first time you ever experienced that feeling." Most of them never do this but we keep on saying this.

And then, "I said, while you're here, just quickly, are you indoors or outdoors? Are you alone or with others? What's happening? What's going on?" And then, I write down number one – he's indoors, father, something happened, and what happens next and I write down this whole thing. Then I say, "Okay. Oh, and how old are you?" "Twenty." "Great. Take this emotion, take this feeling. Roll it up in a ball. I want you to magnify it, double it, send it all the way back to the very first time you ever experienced this." And

there he goes back to age nine. “Great. Indoors, outdoors, what’s going on? What are your feelings? How old are you?”

He goes, “I’m nine.” And the question I’m always asking with number one, and number two, and three, and four, and all of them are “is this a new feeling or is it an old familiar feeling?” If it’s a brand new feeling, I want to ignore it but if it’s an old familiar feeling and I’ve said, “Go back to the very first time you felt it” and here he is and I don’t know if age nine is the first time he felt it. I have no idea, and frankly, he has no idea because he doesn’t know what I’m doing or what to expect. So I said, “Take this feeling, roll it up in a ball, magnify it. Send it back to the very time you ever felt this feeling. And he goes back to, let’s say, age five, back over here. He tells me the story and I said, “Is it new? Is it familiar?” He said, “It is a new feeling” “Ah, okay.” It’s the first time he’s had this feeling but I’m not going to necessarily believe him. And so I say, “Take this feeling and I want you to go back in time to the very first time you’ve ever had this feeling.” And you know what? He went back here at the same place again.

So, that was the actual initial sensitizing event. The ISE: The Initial Sensitizing Event. That happened here. Now, my goal is just to have Preston no longer have this feeling because it has been getting in the way, and remember, the subconscious is like a little kid and grown up Preston wants to feel confident. He really wants to feel good but all he can think about are all the worries and fears about going into a coaching business and leaving the high-paying security in the sales that he’s in.

So, as he’s here, my goal is to get him to a moment before that ever happened and I have him go to a time before he ever ever experienced that feeling because when he’s here, before he’s five, none of this stuff ever happened to him, and he is actually able at that point, before he’s five, to really keep an open mind and have his adult self tell him, “This is what’s going to be happening. You’re going to be having these issues.” And we inform the child and Preston informs the child “this is what’s going to be happening” and then you’ll notice as I take them through a little journey as they go through from re-experiencing the past until we get up to here. And I do it by using a beautiful tunnel. And so, they’re in this tunnel and they’re going through this timeline experiencing all these experiences but the difference is that grown up Preston is supporting young Preston so young Preston feels like “Of course I can do anything because I have grown up Preston supporting me.”

As you watch these, don’t feel like, “Oh my gosh, I can’t do this. This is too hard.” You will be able to do this. These are new techniques. This is something for you to look forward to. I just kind of want to introduce you to some of the wonderful possibilities of things that can happen in hypnosis. So enjoy those two videos, write down questions. If you have questions, we’ll answer them on the webinar. Have a great time with them.

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