



**Work Smart Hypnosis**

WITH JASON LINETT

# HYPNOTIC WORKERS

## AGE REGRESSION

Final Thoughts

VIDEO LINK:

<http://worksmarthypnosis.com/hypnotic-workers/age-regression/>

# AGE REGRESSION

## Final Thoughts

### **JASON LINETT:**

So, it's a big, massive category. It should feel a little daunting but again realize as we break down to these individual components, we've now got something we can actually work with. And even so, to pull the individual components out we can use these strategies elsewhere, though it's a category where you get massive change rather quickly. You see people let go of stuff they've been dragging with them for so long. You will physically see people come in, and this is remarkable. They look younger after having gone through this, because they've been carrying all that stress, they've been carrying all that burden and just letting it go.

To fold in one last critical point, I am willing to defend this model to the death until I am in a situation where it serves me to completely abandon it. Many people who are major proponents of everything I've talked about so far, have since began their lesson up on their, if you don't find the ISE you're not going to get the change. So, similar to Jerry's [SP] question a little while ago, if I get something meaningful to grab a hold, of I will work on that. If I get something meaningful coming out of the experience, I will work on that. It's a moment where to give full credit to Melissa Tiers out of New York City, everything you know in terms of counselling, everything I have shared with you inside of hypnosis, everything you know in terms of chiropractic, everything that we know in terms of how to create behaviors, how habits are formed. In the words of Melissa Tiers, you have to take a step back and always remember all this shit's made up. Someone at some point had to figure it out, and even think in terms of medicine how many things have changed in the last 20, 30 years.

So, over time we find better terminology. It's where I tend to say, we often come out of a training sometimes treating things as gospel. No, it has to be this way, and I will hold on to this model so heavily. But at the same time say it's all a metaphor. That event that you've been holding on to is the reason the belief system you've been holding on to, and in my honest opinion it doesn't matter whether you were 3, whether you were 9, whether you were 12. All I care is that it's meaningful for you, and we get the change.

So again, where the model completely fits up, this is the way to do it, and when presented with other options and other strategies that get the same result -- fantastic. Professionally speaking, I would never see you again. You've done fantastic. Don't tell me how awesome it was, tell all your friends. So again, it's a place where... I mean, look at the history. This is modeled after some of the Freudian work, some of the Gestalt Therapy work from Fritz Perls.

And still, someone had to sit down and transcribe and figure this out. Give us another 100 years, we'll have other models, other principles.

So, it's where deal with what emerges is a theme for the entire process. The phrase is given the information that is currently available to me, and given the understanding I have of this issue, this is the best way I can go after it right now, which I give you that not to discount what we've just spent the last two and a half hours on. I give you that as a softener to go, there are some people out there in our hypnosis profession that would go, "If you didn't find the ISC, if you didn't do the regression, you're not going to get permanent results." Let me be bold, as I like to be. Those people who are saying controversial things because it helps to get attention and helps them sell products. That's it. It's a self-validating clause when again, in a true client-centered format, I'm going to whatever process presents itself as the best option in that moment. Anyway, this is the match, I'm going there. There are no bad techniques, there are only places where this practitioner could have worked a little bit better.