



**Work Smart Hypnosis**

WITH JASON LINETT

# HYPNOTIC WORKERS

## AGE REGRESSION

Other Regression Techniques

VIDEO LINK:

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

# AGE REGRESSION

## Other Regression Techniques

### **JASON LINETT:**

On the regression process, basically at this point, any bit of troubleshooting that you might have to possibly do in my experience is usually satisfied by another regression strategy. So here in this category on the next page of other regression techniques, you could regress to a very specific event, excuse me, as I [inaudible 00:00:27] before coming back from class. That's always a good idea. So we could go to a specific event for whatever reason if we're doing a remembering regression just for enlightening purposes.

I want to remember this event in better detail. I've actually had this specific referral dozens of times now. They're working with a psychologist, they're working with a psychiatrist, and the referral basically was she just doesn't remember any positive events throughout her life yet she knows she's had them.

Could you do hypnotic age regression with her just to revitalize those experiences? And what do you think I do? Success trigger. That's what that process basically is. It is a moment where the languages your patient, my client, and since you're referring to them to me, I will work within the appropriate parameters. Well, I suggest like crazy that I've got better strategies to help out, yeah, though it's a place where if that's what they want, I can feel that need, and we can be effective there.

We could go to directly causal relationship of like the first time they did something. So first time they flew in an airplane, first time they did this thing, which by the way there's a cool strategy. We can completely bypass this whole "Find the cause thing." Because what happens if they've enjoyed public speaking for so many years and then suddenly they don't. They've flown comfortably for all these years, then suddenly it's a problem. Well, bring them to other experiences, which, by the way, the category of what we can deem non-organic male impotence, which would be there's nothing physiologically wrong, it's something in the mind that's creating an issue, right there is my one and only strategy. That's my most effective.

Now, I'm bringing them into positive experiences of intimacy in the past. Now, the filter is I don't want them then suddenly tearing up because it's the one that got away that broke their heart. And as you're there now, allow the entire experience surround you to fade down, because that feeling was there in your body, because you had the receptors in your mind, in your neurology to feel that way. So it need not matter in this moment who you were there with.

Be there in that experience now, which is now dissolving away the, "Oh, that was this one who hurt my feelings and all these things."

Now I'm bringing up the experience from them, and they're sharpening that skill, running that pattern again that they can feel that pressure. And it's shocking how effective that one is. But very often that's a category where we're digging up some stuff to see what's going on.

A little filter, pun intended, that I mentioned the category that I'm not going to let them change the past, go let them change the feelings, however, it is often worthwhile to have them go back to the very first time they smoked a cigarette, and revisit that moment and relive it as if they decided not to. That's a category where I'm okay with that change. Because consciously they're gonna know they still were a smoker, yet "as if" is a phrase I'm gonna lean into a little bit more heavily in that moment.

What do you do if the regression is dragging on, dragging on, dragging on? Age 24, 24, 24, 23, 23. We're gonna be here a while. Here comes the Dave Elman pen point method, which the premise of this is, most, not all, hear this carefully, most, not all ISEs are before the ages of seven or eight. Most, not all. Because here is the guy that was thrown from the motorcycle at the age of 19 and he's been half-paralyzed ever since and life has been a challenge.

I'd call that an ISE. Here is this moment where...we'll talk about this specific example where the session basically ended with her working through the process to forgive herself of the abortion she got at 19 years old, and I would call that an ISE. I wouldn't say that... Now, to play devil's advocate, maybe the emotional turmoil was heightened from these events at four, five, and six, maybe. But I'd say that's pretty profound of a life change, and we could consider that an ISE. We'll talk about that specific example a little bit later.

So, the pen point method, most, not all. So what would Dave Elman do in his regression? The metaphor would be, as I like to say it, lawn darts. I'm gonna throw a dart really far out, see where it sticks, and then branch off from there. So rather than stay at step 24, 24, 23, 23, 22, 22, as I pick up the hand and drop it, be there, it's your very first day of school, which for most people would be around age five or six.

Now there's an anecdote to this because Dave would then ask a question. Be there. It's your first day of school. "Happy day today?" And for years many of us racked our brains as to why he asked that "Happy day today?" question. And finally someone hit upon it. Short story of it. I didn't want to work on two issues that day. If the first day at school was a happy day, there is no ISE associated with that. If the half first day of school was not a happy day, you don't know if that non-happy day was in any way related to the issue the client came into.

Realize that if we really want to get technical here, I used to have massive anxieties around being on time, but that heads us on separate ISEs. I maybe had some baggage in terms of how I got to be more overweight as where I was before. Maybe dad had his own ISE and all these different things. We just don't have one. You know, it's not like the old story of the British people only having one spoon. You have multiple ISEs for all of these different entities, all these different things.

So it's in that place where David threw the dart, be there five years old. "Happy day today?" Yes. Good. We don't know anything yet. Though as you scan your body five years old can you find any of that fearful sensation? If the answer is yes, the ISE was before. If the answer is no, you're at least closer, and now as I pick up the hand and drop it, move forward and be there. Now we can say it. You can use the effort now. Be there at the first time you felt that feeling, not when you're there.

And as I count from five to one, go into that experience now. So if you ever find the process as taking really, really long through all the ISEs I'm gonna pin point and branch it off from there. It doesn't have to be first day of school, though I typically find that's pretty reliable.

And only once ever it was a funny occurrence after having given this lecture the weekend before. The ISE actually was during that first week, first day of school. Funny story. A guy dealing with anger issues and this girl like in the third grade comes over to the kindergarten, "They're gonna hate you. You're gonna do horrible here. You might as well go home". And she is like the sister of his... She is like the best friend of his older sister, giving the kid a hard time, as she always did. End of the session was funny as his language, "Red headed bitch really screwed me up. No wonder I've always hated red heads." It's a quote, not mine.

There's an anecdote here that I'll briefly reference though as someone who has done this process now with several hundred, if not thousands of clients. Dave Elman would employ a convincer and a regression, which Larry Elman, his son, would refer to as the half-remembered happy place, which would be a series of questions. One would be something they absolutely knew, one would be something they kind of had to work to remember, and the third would be something that unless they were fully revived. They wouldn't have remembered.

So, for example, first day of school, what's the name of your teacher? They likely would remember. Name some of the students sitting around you? They likely remember, but then a followup question of, "What is someone wearing?" and it would serve as a bit of a convincer that "Wow, I didn't realize that." With full respect to the teachings of Dave Elman, I have never found the need to prove the regression. And even if there was a concern of "Was it really that event?" I could care less because we were working on everything afterwards.

We're working on the results. I don't care if that pothole was oblong shaped, octagon shaped, rectangle-shaped, I care about fixing the alignment moving forward. So the moment approving the regression moment is something that I've never run into a challenge. Yeah, Jerry?

**STUDENT:**

So, a lot of times issues have to do with the way parents treated the child, but there's not a specific incident. It's not a specific day. I can trace the feeling, I suppose, back to a certain age, but there's no specific day.

**JASON LINETT:**

Yeah.

**STUDENT:**

Or you could ask them to choose. Well, let's go ahead and choose an incident where mom was doing that, just choose one.

**JASON LINETT:**

Well, I'll ask you this question, and let me restate it here. It's an on-going thing of how they've been being treated, and the option of "Do we just have them choose one?" I ask you this question not as a challenge, but just to gather information. Have you done this process in the form as I'm teaching it to you?

**STUDENT:**

I think so.

**JASON LINETT:**

Okay. Because if we're doing their styles of therapy that are regression modelled, pick one. If we're talking NLP timeline therapy, that's a process that I don't teach here because it's a different course, but that's a process that does begin with the question of, "Think of a significant time, let's work on that".

Even as someone who master prac, trainer, NLP, I think this is the ideal method. Because it's getting the subconscious feedback of the event. So it's again where I have to apply the filter of, doing it in this format, I get an event. I get a moment. The other would be another models of work though, which is why I have to throw in that advocate question of going, "If you haven't done it this way, give it a shot because you're gonna get an event."

Other methods as well, we could just go to direct to the first time. I tend to not like this, because again it may be involving conscious judgement, that as soon as they've labelled it as the first time they're accepting the knowledge is probably the first time. This stair step backwards gets me the most reliable process. When all else fails, apply suggestion. Why not throw in some imagery if the backwards moving process of affect bridge and SSEs is not working, bring him to the whole of regression.

As I pick up the hand and drop it, there's a room in your mind that you now can discover, a room where the walls are lined with doors, doors that are all numbered, corresponding to all the ages of your life. At that point you've got options. They can walk backwards. The numbers are counting backwards, stop at the door the very first time. You could do that or start at birth. Move forward, and that yes finger will pop up, either [SP] the door that corresponds to the age of when you first felt that feeling.

That's another "get out of jail" free card moment to shortcut all the SSEs. Empowerment regression. Remember, again, this is not just about finding the cause, and you've already seen that demonstrated inside of the success trigger, and if only on the next page was a whole practice session we're about to do... Don't turn there yet. All practice session we're about to do where you get to actually practice with each other in empowerment regression session, and it's a really cool thing that I can consistently make use of as a strategy in session one just because it worked so well and it gets the process in the right direction.