Work Smart Hypnosis

WITH JASON LINETT

HYPNOTIC WORKERS

AGE REGRESSION

Practice and Pausing

VIDEO LINK:

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

AGE REGRESSION
Practice and Pausing

JASON LINETT:

Let's talk about practice for a moment. It's kind of difficult to practice this. Now what you could do is develop a case study, draw up a little bit of a road map, the whole map of the issue, and kind of role play it with a HypnoBob empty chair and kind of mark through it for yourself. Though it's one of those moments where like the metaphor from earlier today that they are stepping on the tight rope at least for the first time. And granted the first time it's only about six inches off the ground, then eventually it's several hundred feet in the air.

Anyone see the movie "The Walk"? Awesome movie. So, he only did that because he had been doing all these other things. He had done much higher up until that point, I believe. No, that's not true. So, it's a process where you are kind of jumping into it. A question that often would arise is that as you're doing this process, very often it's going to be a little longer the first time you do it, it's going to be a little slower, I am in and out of this these days in like 20 or 30 minutes. I'm just so efficient at it because I'm, "What's the next step, what's the next step? Check we got that one, let's go here now". But it's not that way at the beginning.

So, the question would be do you have to book a longer appointment, which is actually a place where you could. Though what I would tell you is, this is a process that surprisingly has pause points. You don't have to do this all in one session, though to give you the simplest mindset going into it, only ever pause at a positive place. Do not uncover the ISE where there you are getting beaten by these children in the schoolyard…

STUDENT:
Oh crumbs, no.

JASON LINETT:
…last week, and your time is up, and see you next week, good luck. No. Always satisfy the step of where you are. We could do the integration up and to the point of today and wrap up there, and then here comes session two and you have to pause in the middle of SSEs as I pick up their hand and drop it, be there 12 years old in that math class, having now satisfied that event how is she feeling here? Good, and scan before that any other experiences before we need to address.

Now we're branching off. We can do our full integration and then at the next session pick up, check in, and now do our future progression. So, the basic statement is only ever wrap-up in a positive place.

So, it's a massive process though again, do you see how breaking it down into these individual components as soon as we have done this step, step, I can do this step, I can do this step, I can do this step, I can do that step, by thinking of it as modules. And oftentimes even so, notice the places where I've highlighted that's the supercharged formula. We're basically letting the client do straight line transformation. You can pull out this empowerment progression and stick it into your other sessions elsewhere by addressing it as all these individual things. I don't know how to make bread but I have flour, I have sugar, I have salt. The horrible reference is this website called webtender.com which is where you can plug in all the alcohol you have in your home, and it will tell you all the mixed drinks you could make. Exactly, it's the same concept. Here are all the ingredients and when you put them in the right order, it's all about letting go of everything there's time to let go of, and building up what it's time to build back up.

It's a lot of information, we're about to pause for a break though when we're back from the break we will talk about possible pitfalls. And the solution to the pitfalls oddly enough is more strategies of regression we can use inside of the process. Various other regression style techniques -- we'll briefly touch on some themes of past life regression and what that entails in terms of this format, and then we will jump into that after the break. So, let's pause here for 10.