

Within each of us reside the events of past experiences. A migraine, chronic lower back pain or knee problem may be telling a story from an old accident or wound. A chronic sore throat may derive from choking. As the soul returns to life over and over these traumatic memories are re-created in our current life often making little sense, and keeping us from living peaceful lives.

They are brought to our conscious awareness by anxiety, panic attacks, anger, depression, phobias, obsessions, recurring relationship problems, nightmares, blocked feelings and unexplainable physical pain. Regression Therapy quickly heals traumatic events from the current life and often brings about a profound transformation.

There are 2 forms of Age Regression Therapy - Exploration and Specific Intent. In exploration, the client is curious about past experiences and would like to learn more by reliving certain experiences. In Specific Intent, the client wants to uncover the cause of a deep rooted problem such as certain fears or anxieties that were triggered from a past negative experience.

Age Regression or Time Line hypnosis deals with bringing forth these experiences and memories, which have occurred in the subject's lifetime. Mostly this form of hypnotic regression deals with surfacing childhood experiences and traumas which have occurred in the past and which have a bearing on the behavior of the person in their current space and time. Most of these fears occur before the age of seven (7). The event that caused the negative behavior is called an ISE or an Initial Sensitizing Event. If you have had a traumatic event in your life at any time, that event may be affecting the way you feel and act today.

A regression therapy back to a negative event to let go of the emotional scars of that event may be very therapeutic.

Some hypnotherapists also practice the therapy that is called Past Life Regression. This is the process of hypnotizing a person and taking them back to a past life memory so that they can learn and change from that memory.