

# **“Hypnotic Age Regression”**

By Larry Garrett

Hypnotic age regression is a phenomenon that exists when a person is hypnotized and receives a suggestion or instruction while hypnotized to recall an event from the past. Depending on the degree of relaxation or depth of hypnosis, the person will recall this past event as though it were occurring now.

Anyone can achieve a successful regression, although each person may have a different experience. By understanding the phenomena of hypnosis and regression, you will have a better opportunity to regress well. There are a few guidelines that will assist you being regressed. By following these instructions, you will enjoy the experience of going back in time to relive your past as though it existed again.

We might first explore the concept of using hypnosis to recall a memory. Obviously we recall events from our past quite often, but like a fleeting moment, the memory is gone. When hypnosis is used, the memory can be frozen and explored in detail. This would be much like viewing a video and as you choose, slow it down or stop it at a certain place in time. Hypnosis has the ability to create a “Time Distortion.” This phenomenon of time distortion has many positive applications. The main one would be to slow time down as we approach a past event. Can you imagine the application for police investigation when a witness is hypnotized and is able to slow down the crime and view every detail?

Time distortion exists whenever we are in an altered state. Time is measured by how we are feeling, not what is true time. If we are at party and having a good time, then the time will go by much quicker. If we are in a boring lecture, time will seem to drag. Both examples, we had altered our consciousness.

Hypnosis is a communication to the mind that allows the mind to accept what is suggested with little or no logic. During a regression under hypnosis, logic will be removed or reduced and the person begins to believe that they are at that time in life. Time becomes altered.

Hypnosis is safe. It cannot hurt you or cause you to lose control. When you are hypnotized, you are not unconscious or sleeping. You will always have the ability to conclude the experience by just a thought. Imagine that the experience of being hypnotized is much like thinking. Change the thought and the experience changes as well. When you are hypnotized, you are thinking with feelings rather than thoughts. If you like the feeling, it continues and if at any time, you feel uncomfortable, the hypnosis will cease. Your choice! To describe the feeling of being hypnotized is much like describing the smell of a rose. Some would say, it smells sweet, others rich and smooth and still others might say like nice perfume. Each individual has his or her own idea of what the rose smells like and how to describe it. Each individual also has his or her own definition or interpretation of hypnosis.

To explain to you what you will experience can be done, but it has many variables depending on your entry to the experience. It is best for you to have an open mind as to what you will experience when hypnotized and regressed. This will give you the optimum experience. By being open, you have a clear path to reach the subconscious mind. You might view the subconscious as a very sensitive component of your complete person. It is always protected by your logic. To be hypnotized well and regress, you will want to remove or put aside your logic. There is nothing logical about hypnosis or regressions and there is no value in using logic to define them. This process of being hypnotized is a delicate situation and some individuals will resist this entry to their subconscious mind.

The variables that I mention are based on the ability to let go as you begin the journey into the mind. It is much like taking a journey into an unexplored area. We begin almost immediately wondering what we will experience. Please don't! You will be surprised as to whatever you experience, it will not be as you had expected. Disappointment comes from expectations that were not fulfilled. When we begin to think ahead of what will exist, we attempt to think of what we will experience before we experience it. This is not possible and can create stress. A small amount of stress will inhibit your success. Feeling assured that the experience will be good can reduce this stress!

There is an old technique in hypnosis of testing a person to be hypnotized and knowing their susceptibility. The hypnotist would ask the person that was to be hypnotized to stand in front of him or her with their back to the hypnotist and close their eyes. Then the hypnotist would ask the subject to fall backwards into the arms of the hypnotist. The conclusion was that how far back the subject will fall would determine the success that the hypnotist was going to have. This technique is no longer used, but it is an excellent demonstration of how it is a necessity to allow yourself to enter into the state of hypnosis with calmness and confidence.

Depending on this entry into hypnosis and the experience that you are having as you are traveling into deeper levels of hypnosis will determine your success. Be patient, feel safe and the reward will be well worth your efforts. Just lie back, close your eyes and allow whatever occurs to be. The process is very automatic and smooth. It is nothing more than a collective process of one step following another. Much like following the instructions on an item that you purchased that requires assembly. In most cases, following the instructions will create the success that you seek.

There are three basic levels of hypnosis. Each level has a counter part of regression. The first is the light level, often called the "hypnoidal" level. The regression counterpart is called the "Recall". You might imagine that when you are not hypnotized, you remember an event. When regressed in a light level, you recall the event. In the light level, you will be more relaxed than you usually are, much like meditation. Your mind is still very much aware, but because you are relaxed, there is less logic used. Much like beginning to doze at night or the feeling of first awakening in the morning. When using hypnosis to be regressed in the light level, your memory will be extended a little more than when not hypnotized. An example of regressing might be that you can recall an

event from your childhood of about 5 years old.

The ability to experience the memory might be vague in the light level of hypnosis, but enhanced compared to not using hypnosis to recall the same event. The scenario might continue with you recalling a friend that you played with in the sandbox. Without the hypnosis, you might only recall the friend, but not the sandbox. In the light level, you will enhance that memory to recall more details such as the sandbox because you are less distracted by the present moment. When you are not hypnotized, you are more distracted by what exists in the present moment. This weakens the attempt to recall a past event.

Even when attempting to recall where a misplaced item is, the present moment's distractions will weaken the ability to locate it. The importance of locating it, the rush that you might be in to find it now or the frustration of not recalling where the item is will increase the inability to locate it. Pause for a moment, take a deep breath and often you will recall where the misplaced item was last seen. The same principle is available in the light level of hypnosis. This level of relaxation of the light level of hypnosis will allow you to focus more on the moment that existed at that time that you are attempting to recall and not be as distracted by the present moment.

There is a way to enhance the memory beyond what is available in a light level of hypnosis. Imagine that in a light level of hypnosis what you have done was to extend the memory of a past event beyond your ability to recall that same event in a normal state without hypnosis. When you enhance or increase the depth of hypnosis, you increase the ability to recall more details of that memory, as there is less logic.

In this next level of hypnosis, called the Medium level of hypnosis, you are in a very relaxed level of consciousness and you become less aware of your body. This level is called a "Pseudo" regression. This would almost seem to imply that you were making this up. The appearance of regression in this level of hypnosis is expressed as though it is a story and appears as though it is being made up as you relate the experiences that you are having. In this second level of hypnosis, you become more focused on each detail and your mind wanders less. Your logic lessons and you accept more of what your mind is experiencing.

In the medium level of regression, often you can actually see or feel the experience as though you were watching a videotape of this past event. In this level, you are very aware of your present moment, but focused on viewing the past. The present moment is there, but put aside and the regressed moment is prominent. It would be much as if you were watching a movie with a very exciting scene. You know that you are sitting in your living room, but feel the excitement of the chase scene as though you are in it. It isn't real, but you feel as though it is. When you recall that earlier event with your friend at 5 years old in the sandbox, you can feel the excitement of the child within you without the logic of your adult telling you to act your age. Yet logically you know that it is only a memory. You can feel and see the sand running through your hands and yet know that you are sitting in a recliner being hypnotized.

This is the most exciting level of hypnosis. The control at this level is powerful to you. You can, much like a camera zoom in or move around at will. You are able to spend more time with a certain memory or if it is unpleasant, move on to another more positive memory. You can smell odors or hear sounds. You might see the images as though you are watching that movie or feel as though you are there at this very moment. In both the first two levels of hypnosis, you will remember everything that you spoke of and never feel a lack of control. In the medium level of hypnosis, you will feel as though you are listening to a story about your past as told by you!

The third or deepest level of hypnosis is a very interesting state of consciousness. It is a level of consciousness where very few conscious thoughts exist. Actually in this level of hypnosis, you feel a sensation of dozing or almost as though you are asleep. The expressions of your memories during a regression in this level of hypnosis are almost like a dream. You might at times speak very slowly as though you are partially asleep.

This third level of hypnosis is called the "Somnambulistic" or deep level. Somnambulism is the characteristic of sleepwalking. This is an excellent example of the mind being so relaxed that the person is asleep, but awake enough to walk in their sleep. A phenomenon of regression is called "Revivification", meaning to relive. In this level of hypnosis, your voice characteristics may even change to match the time that you are recalling. You might use phrases that you have not been used by you since you were a child. I personally was regressed to 5 years old and broke into my second language. My mother was present at that regression and stated that I was speaking exactly as I had as a child. She said that the same tonal qualities and phrases existed as when I was 5 years old. I even printed my name as I had at 5 years old.

Many experts doubt that this phenomenon is valid and feel that it is only our imagination at work. Imagination or not, it is a very interesting experience to have. Put aside the idea of proof and logic and just enjoy the experience.

In this 3rd level of hypnosis you might not recall all of the events that occurred after you are finished, but much like a dream when you awaken, you will recall some of the details and feel the emotions as though you had lived the experience again. For this reason the third or Somnambulistic level is not as appropriate for a fulfilling a regression. It is a great level to touch upon for some sensationalism occasionally during a regression, but then move back into the medium level to be aware of what is occurring and recall it in detail.

At anytime, you can discontinue the hypnosis in any of the three levels. You need to only want it to stop and like turning off the movie, it stops. Regressions are safe and there are no ill effects if you do not linger on sensitive memories.

Regressions can create "false memories" which are thoughts that seem as though they really happened and did not. This can happen at any time. Even in every day life, a person that we trust can often have us believing something that never happened as though it did. In hypnosis this is even more the case, as you are more susceptible to suggestions. If the hypnotist does not lead

or imply in his or her tonal inflections, false memories are not as likely to occur. If the hypnotist suggests that something is there that was not, then false memory will exist. If the hypnotist was to ask for a date and you don't know it and then the hypnotist says look for a calendar, one will appear. I personally like the process of the hypnotist suggesting a direction and then asking you what is there. Any suggestions at this time by the hypnotist can create whatever they suggest. You need to be aware that false memories exist and if ever in doubt, assume that it is a false memory.

## **“Past life Regressions”**

Past life regressions are only different than age regression, because you continue beyond this life into a time before you were born. Of course you immediately might feel a little skeptical about such a thing as a past life existing. How could you recall something that supposedly happened before you existed? Could it be possible that you lived before? How could memories of a time that you have never experienced be in your mind as though it really did exist for you?

There is no doubt that when a person is hypnotized and regressed, that often they will express memories of another time as another person. This does not in any way imply that there is such a phenomena as a past life, but it does suggest that when a person is hypnotized, that they will express without inhibition whatever comes to their mind when given a suggestion to go to a past life. Remember as I had mentioned earlier, when the hypnotist offers a suggestion, the person being hypnotized, will follow it. This also does not suggest that there is not such a phenomena as a past life. It only shows that there is a power in the subconscious mind far beyond our ability to understand. So open your mind to the fact that anything is possible when you put aside logic and allow the subconscious mind to be free of any restrictions.

There are explanations for past life regressions, as it could be because of a story that you have heard as a child and long forgotten or maybe it is something that you have made up. Possibly you like furniture and lifestyles of the turn of the century, thus you regress back to the turn of the century. The final thought is that it is actually a past life and you are recalling it because hypnosis distracts the logical part of your mind. When there is no logic to dispute what you are saying, you can recall events from another time without hesitation. Have you ever had that feeling that you have experienced something before that was not possible, or that you have a kinship with something in life that you have never known. Did you know that one third of our population believes in past lives?

False memories obviously exist in a past life regression as well as age regression, maybe even more. We sometime are too anxious to see what we would like to, not necessarily what is real. The creative part of your mind will usually not intellectualize, only say what it is experiencing at the moment. If there is such a phenomenon as a past life, then it will be available to you under hypnosis. When you are hypnotized, it is best for you to have the logical part of your mind be a witness to the events, not the critic. Remove any thought of criticism of what you are

experiencing or saying. Remember, it is not an issue to prove the validity of a past life, only to view what the subconscious mind thinks is a past life. Besides it is such an exciting venture, that you really wouldn't want to spoil it by saying, "I think that I made that up"!

It really is not an issue if you think that you made it up, you need only to flow with the experience and feelings. Just pretend and you will be back in time with such realism that you will believe that you are really in the past 200 years ago. You will smell the odors, see the sun rise over the mountains and hear the people that are around. All at a time long before you were born. You will feel as though you have a time machine at your disposal and be able to travel to any time that your subconscious mind believes that you lived. Each and every time that you are regressed you will go to the same life or lives as though they really belonged to you.

With all this information, is there any reason to go into this experience with doubt? Obviously you will gain much by accepting what you say without doubt. "Is it so difficult to believe that we were born twice as to believe that we were born once".

How easy we accept what we can prove and how we like to reject what we can't. You cannot prove a previous life, but you can peak at it and come back with a wealth of information. If you knew how to play a piano in a previous life, you would not come back with the knowledge of playing a piano, but if you took piano lessons in this life, the confidence that you had playing a piano in another life would follow you into this life. If you had an occurrence in a previous life of being killed by a runaway horse, then that might explain and later remove your fear of horses in this life. I once regressed a friend that had been shot in the back in 1923 before he was born. In this life he claimed to have had backaches in that part of his back where he was shot. After the regression, he claimed that his back felt better in that area. Long after the regression, he said that he had not had any more backaches in that area of his back. Could it be that his back was waiting for that time to be replayed and allow the pain to be released by acknowledging the violation to his back in another life?

As you can begin to imagine, a lot of benefit can occur from being regressed to a previous life. Use your imagination! Think of the lessons of life from another time and your life presently will begin to improve in many ways. All of the lessons of life are very subjective of course and not because of any one event that had occurred, but because of the collective process of many lives to the present time.

Of course you would like to be logical about this issue of past life regressions, but just use your interest in the topic, not logic. Of course your interest is in itself not very logical. Pretend that it is a movie and allow yourself to get into the movie with the emotions of a great scene. You will almost immediately become the person in this past life as the star in a great movie. From that moment on, you begin to relate the information as though you were there in that time. You will have the ability to see something that you have never seen before. You can smell odors that are new to you and possibly be in combat with the enemy of a war from many years ago. You can live history through your mind, as you have never known it before. It is all within your imagination.

If you were a writer, you would be able to write stories with the realism of living in that time. If you enjoy history, imagine the fantasy of actually visiting a place that you have always had magnetism to. Maybe you did live there before and that is the reason for the attraction to this time and place.

You might even want to explore the possibility of researching the regression to see if such a place in time really existed. Did the people that you saw really exist? Did you really exist as this person that you thought you were?

A number of years ago, I regressed an individual that claimed to be Glen Yates in Monroe Louisiana. He died in 1915. I was involved in a documentary titled, "Present Dreams, Past Lives. In that movie, we used this same person for the demonstration. Everything that he spoke of was there in Monroe, even the description of the town. He spoke of a cemetery that was outside of town called "City Cemetery". When I arrived in Monroe, I asked about "City Cemetery" outside of town. The reply was, "there is no city cemetery outside of town, but there is "Old City Cemetery just before the new subdivision". I guess since 1915 the size of Monroe must have enlarged. No I never found any trace of Glen Yates, but I did find a lot of history that was long forgotten that he described to me during the regression. I did not prove a thing, but every moment of the regression was exciting. Even the crew was in awe as he spoke with a slow southern drawl and gave details as though he was living there at that moment.

In conclusion, a past life is not for everyone, but if you are an explorer and want to go where few have gone and returned to speak of it, then a past life regression is for you. When finding a hypnotist to assist you, spend time asking their style or technique. You might not know all the jargon or what they are speaking of, but you will pick up some feelings of comfort or discomfort. This will tell you a lot of what to expect. Regressions of any kind are slow and a lot of patience is needed from both the hypnotist and you, the person being hypnotized. Have a tape made of the session and you will be able to listen to it later. You can share it with others, listen to it alone or lay back and take the trip again at anytime, this time in the comfort of your own home. Regressions are a very personal experience and need to be treated with the utmost of respect. If you have any further inquiries on the subject, I can be reached at the Garrett Wellness Center. Oh, if you are one of those that think that you can't be regressed or even hypnotized, if you can pretend, you are there.

**Garrett Hypnosis and Wellness Center**  
**3020 N. Kimball Avenue**  
**Chicago, IL. 60618**  
**773-395-6100**

**[www.GARRETTWELLNESSCENTER.com](http://www.GARRETTWELLNESSCENTER.com)**