



The Méthode Dolfino®

Regression techniques



DOLFINO

ACTIVATE YOUR FULL POTENTIAL

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You have deepened your knowledge in mastering the original techniques and tools of the Méthode Dolfino®. Now, with greater ease, you combine them to effectively support the people who ask to be guided.

Your journey leads you to fully integrate the relevance of the Méthode Dolfino® experience in self-hypnosis or with the people you guide. You are once again ready to play with the techniques for the greater good of all...

Regressions

This training module is entirely devoted to regressions, as regression is an essential tool in Méthode Dolfino® hypnosis.

The techniques covered in this module differ from psychoanalysis and psychotherapy since there is no need here to talk about your past.

Most often, you have unconsciously blocked out certain events, so much so that you would not know how to talk about them. Yet these events have not disappeared from your memory.

It seems important to point out here that the Young Me records everything and remembers everything. It is the Young Me who decides to keep certain of your memories in a safe, well-guarded place. This Pandora's box is kept firmly closed so that these reminiscences of the past do not have a negative impact on you. Sometimes, unfortunately, you consciously choose to remember. This can sometimes trigger inappropriate, even irrational reactions, such as the emergence of fears, phobias, or various disorders. The Young Me's ability to keep everything in memory makes regression a powerful and effective tool.

Regressions are very useful in the following cases:

- trauma (accidents, assaults...)
- addictions
- lack of self-confidence
- fear of death
- phobias
- eating disorders

- migraines
- insomnia
- repeated feelings of injustice, humiliation, abandonment, rejection and betrayal
- anxiety
- feelings of anger or sadness

Before proceeding with a regression, it's necessary to recall this story:

One day, a man came to find the philosopher Socrates and said to him:

- Listen, Socrates, I must tell you how your friend behaved.

- I'll stop you right there, Socrates replied. Have you thought about passing what you have to tell me through the three sieves?

And as the man looked at him, filled with astonishment, the wise man added:

- Yes, before speaking, you must always pass what you have to say through the three sieves. Let's see! The first sieve is that of truth. Have you verified that everything you want to tell me is true?

- No, I heard it told and...

- Well, well. But I suppose you've at least passed it through the second sieve, that of goodness. What you wish to tell me, if it isn't entirely true, is it at least something good?

The man hesitated, then replied:

- No, unfortunately it isn't something good, quite the opposite...

- Hum! said the Sage, let's try using the third sieve, and let's see if it's useful for you to tell me what you want to tell me...

- Useful? Not exactly...

- Then let's not talk about it! said Socrates, smiling. If what you have to tell me is neither true, nor good, nor useful, I'd rather not know it, and as for you, I suggest you forget it...

Apologue by the Greek philosopher Socrates (5th-4th century BCE).

It sometimes happens that certain people, fond of strong sensations, want to do a regression to explore their past. They see regression as a thrill ride and even if everything is fine for them, they are convinced that a dark side occupies their story when in fact everything is fine for them, in the best of worlds. So when faced with a request for a regression, it is useful to go through Socrates's three sieves to check its relevance.

False memories

A **false memory** is the psychological phenomenon that occurs when a person recalls an event that, in fact, never happened.

What the person guided in hypnosis experiences during the regression is not necessarily made up of past events relived faithfully. It is rather a reconstruction based on the person's fallible and malleable memory and on possible suggestions from the guide or other people, leading to the creation of a false memory. This is an issue that must be taken into account when guiding a person with regression techniques.

Most of the time, false memories involve everyday life situations and have no consequences other than the occasional argument with a partner who, we are convinced, has lost the keys again.

False memories can, however, have much more serious consequences.

Beth Rutherford

The daughter of a pastor, she is doing an internship in a cancer ward and is struggling with it. In late 1992, on her father's suggestion, she consults a therapist, Donna Strand. Beth tells her about a dream in which her father is involved. That is all it takes for Donna to be sure that Beth was a victim of sexual abuse by her father, and she convinces her of it, during hypnotic trance sessions. Beth eventually "remembers" that her father raped her, that he fathered two children with her and then had her get an abortion... It is only in 1995 that Beth undergoes a medical examination that reveals she is still a virgin.

Incredible but true...

A suspect who lets themselves be convinced of their own guilt during a police interrogation while they are innocent is a recurring phenomenon that can be hard to believe. But according to a study by Canadian-British researchers, provoking false memories in a subject during question-and-answer sessions is surprisingly easy.

The study, published in the journal *Psychological Science* and republished on the blog of *Le Monde Passeur de sciences*, was conducted on 70 volunteers chosen from among students who had never had any dealings with the justice system and who believed they were taking part in a simple memory exercise. With the cooperation of their parents, the researchers told each subject about two experiences they had lived through in their early adolescence. Except that one of the two, casting them as the perpetrator or victim of a crime (theft or assault), was entirely invented, though embellished with true details to make it seem plausible.

Conclusive results

Using suggestion techniques well known to police — books and files suggesting the interrogator is an expert, long uncomfortable silences the subject is led to break, and so on — the researchers then asked the students to clarify certain points in the two stories, the real one and the false one. A second interview was conducted a week later, and a third a week after that.

The result of the experiment is conclusive: 70% of participants were classified as having believed the false memory, and even added further details and created memories about, for example, the name of the imaginary officer who had handled their fake crime, his appearance, and so on. "It appears that in an interview using suggestion techniques, one can very easily come to falsely remember having committed a crime," conclude the authors of the study, who call on investigators to exercise caution when using aggressive interrogation techniques that can too easily lead suspects to invent memories against their will.

Source: news site 20 minutes

Technique: metaphorical regression

Metaphorical regression has the guided person live out a fantastic epic at the heart of a metaphor illustrating the issue being addressed. The guided person is the actor, the hero of this story, and you, the guide, accompany them every step of the way.

This technique, exclusive to the Méthode Dolfino®, lets you guide a person through an extraordinary adventure toward reaching their goal.

ABOUT THIS TECHNIQUE

This risk-free technique nonetheless requires great vigilance on the part of the guide, who must encourage the person they are accompanying to carry out the transformations effectively.

Metaphorical regression is a metaphor for the Young Me. Often, the unconscious brings forward a symbolic story when the problem to be resolved is not emotionally manageable for the person's field of consciousness. By correcting what is going wrong in this metaphorical "life," the Young Me will repair what caused a problem in real life.

The guided person does not, in any way, revisit moments from their past. By staying far from their reality, it becomes easier to resolve what is causing the problem, just as it is often easier to find the solution to your neighbor's problems.

USE CASES

- Freeing yourself from destructive patterns
- Finding and "pulling out" an unconscious root of the problem
- Finding meaning in a failure or an ordeal
- Going through a period of questioning
- Avoiding the tendency toward psychological avoidance of a problem
- Freeing yourself from tendencies toward self-sabotage

PRELIMINARY REMARKS AND PRE-INDUCTION DIALOGUE

If an uncomfortable emotion arises during the metaphorical regression, you can use the Scanner technique to remove or transform it. You then pick back up where you left off.

Non-directiveness is essential in this technique, as it is in most of the techniques in the Méthode Dolfino®. The solution must emerge from the person you are guiding. However, it can

happen that in the metaphorical story, the protagonist dies without being able to resolve the issue. In a case like that, you are invited to turn back time. As if the person had a virtual clock on their arm, at the same time as you turn the hands of this clock backward, you verbally indicate to your guided person that they are going back in time until they reach the right moment for them to allow them to achieve their goal. They can then choose other solutions, escape death and resolve the issue.

Before the guided person leaves their epic, make sure everything is perfect. Even if an issue has been resolved, there could be other roots of the issue that need to be addressed to achieve their goal. Question and be attentive both to the nonverbal cues and to the words with which the person responds to you. A “It’s fine.” or a “That’s okay.” could indicate that further improvements are still possible. Once the story’s problem has been resolved, also make sure the solution provided is permanent. You can check the future of this adventure to reinforce the conviction that everything is indeed resolved.

In summary:

- Do not evoke dates or eras from current life.
- Stay symbolic.
- Make sure to manage the emotional load well, the guided person must remain comfortable.
- Use positive anchors, fuses, allies and the Scanner as needed.
- Be non-directive, but creative.
- Encourage the guided person and trust them.
- Go all the way to the end of the story.

STEPS OF THE METAPHORICAL REGRESSION TECHNIQUE

1. The goal

Using “My goal in twelve questions,” define the goal to be achieved. (See *Méthode Dolfino®: basic techniques*)

2. Trance induction and deepening

Properly carry out the induction of the altered state of consciousness. Deepen it enough to activate the full imaginative potential. (See *La Méthode Dolfino®: basic techniques* , chapter 3, The Induction, p. 44 and following)

3. The scenario

Once the trance is well established and the signs are present — whether the pupils moving under the eyelids or any other sign of trance — proceed with the following scenario:

a) The “winged” ally

A “winged” ally arrives, lands, and waits patiently for the guided person to join it for a flight. The ally and the guided person make eye contact and connect with one another through their gaze. The guided person takes flight with the help of their ally. They can be either on top of or inside the body of the winged being. Give the guided person time to fully experience the flight. Call on VAKOG to stimulate the guide and make the experience vivid.

b) The time vortex

During the flight, a vortex appears in the sky and the winged ally enters it. This vortex is like a timeless whirlwind. The earth spins in the distance, backward, and then stops.

[To create a sense of a swirling effect, touch the forehead to cause a slight imbalance in the head. Proceed gently, since a person in trance feels every movement more intensely.]

The winged ally and the guided one find themselves in a space outside time where everything is calm. The vortex has disappeared.

[In this step you can say phrases like: “This space where time, like the time you know, does not exist in that time which is no longer the same time and which at the same time takes you toward what there is to settle for all time...”. Create confusion around time by mixing verb tenses. Speak of the past, the present, the future, of time passing at different speeds, etc.]

In this place outside of time and outside of known space, another vortex appears and carries them off again.

[Press the finger to the guided one’s forehead again to tilt their head slightly and create a spinning effect.]

The guided one feels something drawing them, a special place, a different place... The winged ally carries them to this place, to the right place, exactly where they need to go to settle what needs to be settled.

[Suggest to the guided one that they too will be different once they have arrived.]

c) The new world

The ally lands in this totally different place. The guided one gets off or steps out. As announced, the guided one is transformed too.

Based on what the guided one perceives and knows about the situation, they live the adventure, find solutions, and make sure everything is perfect and for the greater good of all.

Once the initial issue is resolved and the story has been rewritten until it is satisfying, they make sure it holds up over time.

[Ask the person to find out what life form they are in, humanoid or other. Give them time to fully take in this new body and really feel it.

Use VAKOG communication to engage the senses. If the person does not see themselves, ask them to look and see if they have feet, and build detail from there. You can also ask them to find a mirror, or a body of water, to see their reflection in.

Also flesh out the environment, the atmosphere. “What is all around you?” “What is happening?” “What is not going well?” Work from the assumption that there is necessarily a problem, otherwise the person would have already reached their goal.]

Support the guided one, manage the situation and the emotions. Encourage the guided one to find the solutions themselves. Offer alternatives only if they need them, and always offer at least three possibilities while suggesting that other solutions are also possible. Ask questions to fully understand the situation.]

d) The return

The winged ally is back. The guided one leaves with them. They return the way they came with the winged ally, passing through the temporal vortex and the timeless space, followed by the second vortex that brings them back to their world, to the place where the journey began.

[Small push of the finger on the forehead during the passage through the vortexes and confusion about the time between the two vortexes. Invite the guided person to keep from this moment everything they might need in their current life: all the memories, capacities, talents, knowledge, know-how, know-how-to-be and know-how-to-act.]

4. The return

Suggest to the guided person that upon their return to the waking state, they will feel good, be in great shape and full of energy. Also mention to them that they now possess new resources that will make their progress faster and easier in this life.

Technique: regression in current life

Your Young Me has a formidable memory. It processes 2000 pieces of information per second and remembers the smallest detail of the oldest events of your life. Since your conception, and possibly even before, it's all there!

Even the memory of what we are convinced we have forgotten is always present, hidden in the depths of the unconscious... Every second is stored with its share of physical sensations and mental impressions. This means it is entirely possible to go and retrieve this information when we need it. Regression hypnosis makes it possible to reactivate these memories in detail.

By bypassing the barriers of the "Rational Me," it becomes possible to make contact with a moment from the past. What is most astonishing about this technique is that the memory of the moment is so real and vivid that all the senses take part in it, giving us the impression that we are reliving this past event again, with all five senses.

When we are children, certain events and certain reactions from the adults around us can affect us deeply, because we are too young to understand what is happening. Even if these events sometimes seem trivial to an adult, they can leave lasting marks for a whole lifetime, whether in terms of self-confidence, one's relationship to the body, one's relationship to food, or guilt...

With regression, it becomes possible to replay the scene in a way that suits the person better, in order to make a symbolic repair that will reprogram the unconscious. These sessions, filled with emotion, leave the person feeling relieved, at peace, happy to have been kind to themselves and to have drawn on their own resources to repair a source of suffering. This requires extensive experience and carries the risk of bringing up a large emotional charge that must be managed properly.

Many precautions accompany this journey to a well-defined moment in the past.

ABOUT THIS TECHNIQUE

This technique is not intended to return to an unpleasant episode from our personal history, and even less to relive a trauma.

Regression in current life consists of bringing a person back to a precise moment in their past so they can recall events, information, and emotions from the past as if they were there, in order to draw benefits from it for the rest of their life. It is, in a way, a means of returning to the source, of drawing on the best within oneself to re-energize.

Since regression requires a certain knowledge of the person you are guiding, you should avoid practising it in a first session.

Reliving traumatic events from the past, if the regression technique is poorly guided, the person is poorly equipped, or the hypnotic tools are poorly assimilated or used, negative emotions may be amplified, psychic decompensation may occur, or behaviours and consequences in the person's life may worsen. That is why we revisit only positive events and leave it to certified professionals (psychiatrists, psychologists, etc.) to use hypnosis to return to the past in order to heal wounds by going back to the source of the traumatic event.

Primere, non nocere : First, do no harm! You must therefore adapt the safeguards according to these possibilities and stick to regressions to a specific and pleasant moment.

USE CASES

The field of application of regression in current life is very broad. You will learn to use it in order to revisit in a safe specific situations experienced over the course of your life.

There are two scenarios for which you will need to adapt how you manage the session:

- Neutral event (information gathering): Pure technique
- Happy event: Anchoring happy feelings

These objectives could be expressed through phrases such as:

- Drawing on personal resources to enrich the present
- Returning to a particularly positive moment to "recharge your batteries"
- Returning to a well-defined moment to seek answers or draw out the maximum of lessons
- Finding a lost memory or object
- Reliving a happy situation, seeing a departed loved one again

It is also possible to return to the cause of the psychological problems below, to better understand and repair them, so that they no longer influence us negatively. These other goals will however be guided by a professional qualified to do so. Here are a few examples:

- Correcting an unwanted birth
- Correcting the parents' state during gestation
- Correcting an issue related to childbirth
- Modifying the emotions associated with a trauma in order to eliminate its negative emotional imprint that hinders the person's growth or level of happiness

- Accept what happened without avoiding or denying it, in order to be able to heal the wounds, to forgive yourself your mistakes
- Resolve a childhood wound
- Resolve a trauma
- Traumas (accidents, assaults...)
- Addictions and dependencies
- Lack of self-confidence
- Fear of death
- Phobias
- Eating disorders
- Migraines
- Insomnia
- Repeated feelings of injustice, humiliation, abandonment, rejection, anger...
- Anxiety

In the same way, it is always very interesting to search for the cause of physical problems. In many cases, the result is surprising and full of very valuable lessons about ourselves, our relationship to life, to others and to the world.

PRELIMINARY REMARKS AND PRE-INDUCTION DIALOGUE

When you regress someone very young, a complete change of behavior can occur. The person may adopt the posture of a baby and no longer know how to express themselves coherently in words. A person born in another country may start expressing themselves in another language... A fetus may have forgotten how to sit and slide off their chair into the fetal position, sucking their thumb...

Often, the person's personality changes. Their attitude, tone of voice, emotional management and personality regress in parallel. Remember that you follow the guided person into their world, adapt your level of language. It is always possible to suggest to the person that they retain, at all times, their ability to speak normally and to communicate to you what is happening.

Regression requires good preparation and a few precautions. As preparation for the journey, the objective will be symbolized, the convention and the safety fuses clearly defined, the life chart filled in and the trance very well established. In addition to filling out the forms and precisely determining the objective, it is essential to put the person in context by saying something like: "If your 3 Selves agree to let you reach your objective, and if it is healthy and good for your evolution, you will return to the time where a key to the solution for you can be found. Now allow your inner awareness to return to the period of your life where a solution can be found."

Finally, the symbols scattered throughout the technique will help make this journey comfortable and safe.

PREPARING FOR THE JOURNEY

Before tackling the technique itself, it is important to prepare the ground so that the journey into the heart of the regression goes as smoothly as possible.

Symbolizing the objective

The objective obviously needs to be well defined. Then you ask the person to symbolize it with a simple drawing or a SIGIL (see the box below for how to make a sigil).

For this part of the work, you can refer to form No.1 in the appendix to this book.

- a) Define the objective in two or three lines, ending the sentence with “and even better”.
- b) Symbolize the objective.
- c) What I wish to visit: Here the event can be defined consciously and specifically, or the guided person can simply specify: “I want to go where I need to go to resolve such and such.”
- d) Chosen scent. Olfactory memory is probably the most powerful. So, you can have the person you’re guiding choose an essential oil and have them associate the scent with a powerful positive memory (olfactory anchor). You can also proceed with any other type of positive anchoring.
- e) The allies. Note here the guided person’s allies. If the person doesn’t know of any allies, you can suggest they go find one using the “ally” technique seen in the Méthode Dolfino® “basic techniques” training. Note that some people have allies tied to their beliefs, to their religion. These allies are extremely powerful and precious resources for the guided person. Use them.

The SIGIL

Sigil comes from the Latin sigillum, meaning signature. The sigil is a graphic representation of what one desires.

Steps for making a sigil:

- Create a simple affirmation (e.g.: I am healthy);
- Extract the essence of this affirmation (simplify as much as possible);
- Remove the vowels;
- Remove doubled letters;
- Assemble them together relative to one another;

- Simplify the resulting drawing;
- Frame it in an appropriate shape (depending on the convention);
- Transcribe it onto the desired medium (paper, birch bark, wood, raw paper, etc.);
- Color it in (choosing colors according to the affirmation) if desired;
- Activate it by tracing the resulting drawing while thinking of the intended goal.

Defining the convention and the fuses

It is essential to have **a convention** drawn up by the person you are guiding.

This is done quickly, in a few lines. The convention defines how the guided person wants their journey to go; for example:

“My trance is comfortable and pleasant, I easily find solutions to problematic situations. My emotional level is comfortable. I resolve what needs to be resolved for my greatest good and that of everyone.”

The **fuses** help mark out the terrain of the hypnotic journey in regressions. It is important to define them with the person and have them express them in their own words (wording). You can use the table provided in the appendix (Sheet No. 2). You can check off the most important fuses in the “Choice of fuses to use” column. Ideally, you should define two priority fuses, but you can also choose 3 or 4.

Here are also a few suggested fuses that can be useful during a regression:

- “When you reach the age range where it happened, time will freeze two minutes before.”
- “The return from trance is very comfortable.”
- “You will remember everything you need to remember only if it is good for you.”

Filling in the life chart

Finally, you will ask the guided person to identify the positive or neutral life moments in **the life chart** in the appendix (Sheet No. 3).

Point out to the person that they must identify positive or neutral events and memories that come back to them according to the indicated age range.

During the trance, these will be evoked to offer a reference point for tracking the person's journey and to gradually move back into the past. This step helps prepare the guided person for the regression and ensures that the guidance will be effective. It is likely that the further back the person goes in their life, the more the memories that emerge will differ from those they remembered before the trance.

For example, you can say "remember a day when you were 5 years old... Maybe on your birthday or another time... Remember where you were that day. Who were you with? How did you feel that day? What could you see? What could you hear? What could you touch, smell, or taste?"

Take your time . Even if the memories don't come back instantly, they will come back if you show patience.

Establishing the trance

In this technique, it is essential to master trance deepening.

In fact, you will use all the Méthode Dolfino® deepening techniques you have learned so far and link them one after another.

In order to reach a trance level of 8 to 12, necessary for the regression, it is essential to take the time to properly prepare the ground. Certain "warm-ups" could be useful to you:

- Purple glasses worn for about ten minutes
- Nerve tuning fork applied to the top of the skull or the base of the neck
- A pendulum swinging back and forth to create eye fatigue
- Saturation and confusion, the person counts backward while you talk to them about anything and everything, alternating between the left and right ear
- Metaphorical confusion
- Confusion using breathing; inhalation and exhalation are paired in turn with opening and closing the eyes, in order and out of order

For some people, the warm-ups will be enough to induce an altered state of consciousness. Proceed anyway with the formal trance induction and the deepenings as suggested:

1. Induce trance with thumb fixation
2. Connect to the universe and the earth with the spirals (upward and downward)
3. Deepen the trance
4. Broaden the field of consciousness
5. Deepen the trance again if necessary

For expanding consciousness, you have different options such as:

- Zoom out upward
- Three-dimensional expansion (becoming the universe)
- Becoming aware that everything is within everything
- Expansion through time

As for deepenings, you can freely vary between rising and descending, heaviness and lightness. The goal is to bring about a greater relaxation, a greater involvement of the person's unconscious part. Here are a few examples:

- Elevator going down
- Descent into the "underworld"
- Entering a "nest" inside the body
- Descent into nature
- Rising toward the sky

Inducing a deep trance

Here is a protocol you can draw on to induce a good-quality deep trance.

You guide the induction with your fingers touching the forehead:

- You have them close their eyes at the end, if they are not already closed.
- You state that the more the eyes open, the deeper the trance will become.
- The more often the eyes close again, the deeper the trance will become.

You then use the candle fixation protocol:

- You position a candle in front of the guided person's closed eyes, then ask them to open them.
- You state that the guided person cannot look away from the candle.
- Then you give the following suggestion: "When I say 'one', you will close your eyes completely, and when I say 'two', you will open them very wide."
- Then you continue: "When I say 'three', you will close them again, and so on and so forth..."
- Alright... Let's begin... One, close your eyelids... Two, open your eyelids... fix your gaze well on the flame... Three, close your eyelids... One, open your eyelids... Two..., and so on.

This fragmentation allows the guided person to be plunged into a deeper trance state.

Here are a few elements to test in order to enrich your trance inductions with thumb fixation:

- I draw a blue dot on your thumbnail (put a dot with a marker on the thumb of the person being guided). Fix your gaze on this point.
- The world no longer interests you, only this blue point matters to you...
- Your arm tends to sink down as if an enormous weight were pressing on it. At the same time, a heaviness fills you... pleasantly.
- In a moment, you will no longer be able to lift your arm, the more you try to lift it, the less you will be able to... (repeat 3 times)... Try... Yes, the arm is heavy... Very heavy and it sinks at its own pace toward the thigh... When the hand touches the thigh, all the muscles relax and you go completely inward...

When the arm is on the thigh:

- This heaviness spreads to the other arm, then to the body and the head... Like a pleasant fluid that flows and brings a pleasant heaviness... Relaxing.
- Everything slows down there, blurs together, blends. All mental activity decreases, there is no longer anything in your head... Your mind frees itself of all tension...
- Each time I take the arm and it falls onto the thigh, everything blends together (confusion)... pleasantly.
- Only my voice becomes important. The mind will stay this way for as long as is needed. However much time it takes to settle everything that needs settling.
- Have the person feel the hands resting on the knees. Have them notice what will begin to twitch. You wonder when the movements will become visible. There it is, it's moving... Now, the other fingers will want to follow. One hand, the one that wants to express itself now becomes lighter... It rises at its own pace toward the face... When the hand touches the face, you go deeply inward... Very deeply, in a very pleasant way... Deeply pleasant.
- Your hand becomes light, light, lighter and lighter... light as a feather... so light that you no longer feel it at all... (At this point you can use a feather to create a breeze and brush the hand with the feather while you lift it slightly to create sensory confusion, or fan a sheet of paper and lightly touch the hand with the corner of the sheet.)
- When the hand begins to rise... you can suggest that helium-filled balloons are attached to it and carry the hand higher...

When the hand is light or has risen:

- I am now going to count to three and I will touch your forehead.
- 1,2,3... You are sinking into an even deeper sleep.
- You feel a veil enveloping you, you will sink into an even deeper

sleep. I am going to place my hand on your forehead. Everything will turn black for you... This will put you completely to sleep.

- Under the action and with the air produced by the hand (this can also be done with a sheet of paper or a feather), you feel better and better...
- An extreme suppleness spreads through your hand, then through your whole body. The hand rests so comfortably on the thigh.

When the hand is on the thigh:

- Tell the guided person that an anesthetic liquid has been placed on the hand; it causes a pleasant anesthesia, the hand becomes numb as if it were covered in ice.
- When the hand is numbed, it can spread the numbness through the body by simple contact.
- Have them smell a scent (an essential oil previously chosen for how pleasant it feels to the guided person) that puts them to sleep and leads them toward a very pleasant environment.

The following sequence will help establish a comfortable deepening:

Suggest to the person you're guiding:

- Feel the pleasant heaviness of the body, a pleasant numbness spreading through every cell of the body.
- Then, you will bring forth within you a gentle, pleasant and deep warmth.
- This will make you feel a total relaxation and will allow you to empty your brain completely of all thoughts, so that it is nice and empty, totally empty.
- You will now perform a rotating motion with both hands and both forearms around one another.
- This has the effect of blocking your mind, which frees itself of all thoughts.
- With each turn, you go deeper and deeper into a state of trance, deeper and deeper.
- When I invite you to stop turning your hands, you will be in the best state to go do what you wish to do today...

You can then conclude with a time distortion such as:

- And now a question arises that may be nothing more than a statement... if there is no future in the past, what could I possibly remember... tomorrow.”

The symbols of the technique ¹

In the technique, a few symbols drawing on the collective unconscious are used. A symbol escapes all definition; it carries within it a whole pattern of beliefs and messages from time immemorial. Through the message they carry, the symbols used in this technique will help give unconscious meaning to the different stages.

The mirror

The mirror reflects truth, sincerity, the content of the heart and of consciousness. In Japan, it represents, archetypally, the revelation of truth and purity.

The mirror does not only serve to reflect an image; the soul, becoming a perfect mirror, participates in the image, and through this participation it undergoes a transformation. There is thus a correspondence between the subject being contemplated and the mirror that contemplates it. The soul ends up sharing in the very beauty to which it opens itself.

The mirror of life is the reflection of your heart. Everything around you is nothing but your intentions made manifest. Your intentions toward yourself and toward others are “essential” for a perfect harmonization of your “being” with your Consciousness. In the universe around you, you also cross paths with the intentions of others. Are all these mirrors pure, purified, or distorted? This is the daily challenge we must rise to in every encounter. It is also the sign of harmony, of marital union...

The path

The path represents the passage from one point or place to another. It is, in a way, a movement toward an elsewhere that can be a desire, a hope, a quest, an absolute. It represents, archetypally, the course of your life.

¹ The references for the symbols come from the book: *Dictionnaires des symboles; mythes, rêves, coutumes, gestes, formes, figures, couleurs, nombres* by Jean Chevalier and Alain Gheerbrant, published in 1969 by Éditions Robert Laffont.

In this section we quote several excerpts from the work; these excerpts have been italicized for identification.

The path holds the memory of those who came before us, concealing the outcome of their experience toward a precise direction; in doing so, it opens up the search for those who will follow, and the adventure according to their own destiny.

The path is a symbol of the being's quest. It is one of the elements of the archetypal image that human beings form of themselves. It reveals the human essence as a "being in search."

The path is a crossing of the "night," of the darkness of ignorance and doubt. For the human being, it signifies awareness of one's incompleteness, of the distance separating them from their aims and goals.

It thus represents a call, a reminder of the necessity for the human being to experience this inner distance that must be reckoned with in order to fulfill oneself. In this sense, the path is an initiatory journey, if we give *initiation* the meaning of *orientation*.

Hair

Hair represents certain virtues, power in men and women, or even strength, virility, femininity and sensuality.

Like Samson, who loses his strength when his hair is cut.

The age of virility is the age at which one lets one's hair grow, and in certain traditions, shaving the head is a sacrifice, a renunciation — voluntary or imposed — of one's privileges and virtues, but also of one's own personality: the scalp among Native Americans, but also entry into monastic life.

The cutting and styling of hair has always been a determining element not only of personality, but also of a social or spiritual function, individual or collective.

In France itself, only kings and princes had the privilege of keeping their hair long, for it was a sign of power.

In Hindu iconography, loose, undone hair is most often a characteristic of terrible deities, but also one of Shiva's.

It is also linked to Vâyu, the wind, and also to Ganga, the Ganges, a manifestation of the former, which flows from the crown of tangled hair.

The weave, the fabric of the Universe, is made up of Shiva's hair, which is identified with the directions of the Universe. Hair is a bond that makes it one of the magical symbols of appropriation, even of identification.

A rainmaker from the lower Zambezi was possessed by two spirits, that of a lion and that of a leopard; to keep them from leaving him, he never cut his hair and never drank alcohol.

The hair of kings, priests and other individuals is a taboo object and may not be cut.

Elsewhere, haircutting is suspended for the duration of a journey, or as the result of a vow.

The Egyptians let their hair grow while on a journey.

Among many peoples, hair, beard and moustache were neither cut nor combed as a sign of mourning.

Contemporary history also has similar examples, such as Fidel Castro's Barbudos, who vowed not to shave or cut their hair until Cuba was freed from tyranny.

Hair is considered the seat of the soul, or of a soul. In the Celebes and in Sumatra, children's hair is left to grow so that they do not lose the soul residing in it.

In a certain part of Germany, it was believed that a child's hair should not be cut before their first birthday, or it would bring them bad luck.

Countless peoples make a child's first haircut the occasion for an important ceremony, marked by an abundance of propitiatory rites meant to ward off evil spirits. The child is considered particularly vulnerable to malevolent forces, since their first hair strips them of their life force.

This is notably the case among the Hopi, who perform this act only once a year, at the winter solstice.

Among the Incas, the crown prince had his hair cut when he was weaned, at the age of two, and received his name at that time. A great celebration followed, at which all the king's relatives gathered at court.

During Hopi marriage rites, the relatives of the bride and groom wash their hair, then braid it together so that they may be bound to one another.

In symbolic thought, hair is also linked to grass, the hair of the earth; its growth is tied to nourishing plants, which explains the importance and care that so-called primitive peoples give to hair.

The idea of growth is linked to that of ascension: the sky pours down fertilizing rains that make the earth's plants rise toward it.

Hair being one of women's main "weapons," whether it is shown or hidden, tied up or let down, is frequently a sign of a woman's availability, generosity, or reserve.

Mary Magdalene is depicted with long, loose hair, a sign of surrender to God.

In Christian iconography, Mary Magdalene is always depicted with long, loose hair, a sign of surrender to God [...]. In Russia, married women hid their hair, and a saying holds that a girl may enjoy herself as long as her head is not covered.

The notion of sensual provocation associated with women's hair is also at the root of the Christian tradition according to which a woman could not enter a church with her head uncovered [...] In Russia, a single braid is worn only by young girls: it is a sign of virginity; once married, a woman wears two braids.

Lastly, combing someone's hair or grooming it for lice is a mark of attention.

Letting someone comb your hair is a sign of love, intimacy and trust; combing someone's hair for a long time is like rocking them, lulling them to sleep, caressing them.

TECHNIQUES FOR MANAGING UNPLEASANT MOMENTS

It can happen that during a visit to a happy event, a more "unwanted" moment resurfaces. It then becomes necessary to access a different understanding of the events by looking at them in a dissociated way. This shift in perspective is the first step.

Should the person you're guiding find themselves caught up in an unpleasant moment from their past, you can use:

- Creative and hypnotic visualization techniques:
 - o Changing identity (becoming mom, dad...)
 - o Isolating the moment under a glass dome
 - o Changing personality
 - o Shrinking and ridiculing the "bad guys"
 - o Talking with the people involved; making peace
 - o Creating a virtual trial
 - o Calling on a totem or an ally before starting (plant, animal, deity, higher life form, etc.), depending on beliefs
 - o Changing clothes, attitude; having a magic tool or a magical "protection" "protection"

- Use a “sensory” technique:
 - o Choose joyful music or drumming
 - o Change the scent by having them breathe in essential oils
 - o Connect to a flower or feather used to brush the skin
- Use tools to resolve the situation:
 - o Bring up the spirit and make it more beautiful
 - o Do Ho’oponopono
 - o Do a Scanner
 - o Do a Relational Peace
 - o Use the hot air balloon or mummy
 - o Create a metaphor with the person to correct the situation
 - o Healing the wounded child: giving the person what they need
- Using dissociation and anchoring:
 - o Dissociate the person: move the scene experienced further away, become the person watching the scene on a screen or become the person watching the person watching the screen on which the scene is projected, and so on.
 - o Activate a safety anchor created beforehand.

STEPS OF THE CURRENT-LIFE REGRESSION TECHNIQUE

1. Prepare the journey: Objective, agreement, fuse, life chart, positive anchor, allies, etc.
2. Induce and deepen a level of trance suited to regression (deep trance). Take the time needed for the induction to achieve an effective regression. (See *The Méthode Dolfino®: basic techniques*, chapter 3, The Induction, p. 44 and following)
3. Connect the guided person below and above with the spirals.
4. Place the fuses.
5. Invite the guided person to stand in front of their tree, to find a mirror.
6. Ask the person to look at themselves in the mirror. This step gives them their temporal reference point and connects them with their whole being.

At this point, if you have a mirror with you, you can also ask them to open their eyes, stating the double bind: “The more open the eyes are, the deeper the

trance becomes.” Invite the person to look at their eye in the mirror and speak to them in these terms: “Here you see it... this eye... yours... and through it, all that is, has been and will be appears... the eye... that transmits... that is truly there.... For you.” Instruct them to close their eyelids and continue.

7. Invite the guided person to lie down at the foot of the tree.
8. Suggest to your guided person that their immaterial consciousness appears to accompany them (in the form the person chooses: a light, a fairy, a glowing dragonfly, a dancing flame...)
9. The person’s hair then begins to grow, it lengthens... lengthens and lengthens further. Accompanied by the immaterial consciousness, the person combs their hair with love and kindness.
10. Little by little, the hair transforms into a path.
11. The guided person, accompanied by the immaterial consciousness, follows the path. This path includes the life moments the guided person described in the table during the preparation. Have them briefly relive these moments, in the same chronology, engaging all possible senses (VAKOG). Regress through all these positive moments in this way and let the guided person absorb all the useful resources at each moment.

If a visited situation needs to be “managed,” freeze the situation, dissociate the person by having them watch the situation on a small black-and-white screen, and let the guided person, who is now dissociated, find the solution that suits them to rewrite the story.

12. Invite the guided person to go to the desired moment to reach their goal. Fully relive this happy event, really let them feel the whole difference it makes in the body to be there, at that precise moment. Once again, awaken all the sensory elements (VAKOG).

Again, manage the situation and rewrite the story if any unpleasantness arises and the person finds themselves experiencing an uncomfortable situation.

13. Bring the guided person back to the tree, have them integrate the immaterial consciousness and suggest that they look at themselves in the mirror (in trance, eyes closed).
14. Return with the fuse « All these changes will happen at the right pace for you and all the transformations will take place if it is good for you ».

If the guided person had opened their eyes to look at their eye or their eyes in the mirror, hand them the mirror again and invite them to notice the change in the sparkle of their gaze.

Technique: regression to a past life

You may have noticed a certain attraction to particular places or certain cultures with no rational reason.

You may sometimes feel uncontrollable emotions in certain situations. Some schools of thought suggest that traumatic experiences lived in a past life and left unresolved can bring negative emotions and feelings into your present life.

If you accept this idea, it may be that, in a past life, you experienced a passionate love that ended in a terrible heartbreak, and that this brings you, today, an unexplained burden of negative emotions in your daily life, preventing you from finding happiness in love.

From this point of view, a fear of water with no tangible root could result from an “old” drowning, or repeated migraines could stem from a head trauma or a violent death by decapitation in a past life.

Furthermore, many physical illnesses can sometimes result from psychosomatic disorders that lessen or stop entirely after a regression into past lives. Reincarnation is a doctrine found in many religions, the best known being Buddhism and Hinduism. Hindus believe that the soul returns to Earth several times, taking on a new body according to the degree of spiritual elevation reached in the previous incarnation.

In reality, there are five theories that can satisfactorily explain regression into a life. It is up to you to choose the one that suits you best and matches your map of the world:

1. The regression is in fact a metaphor created by the Young Me in order to explain and find a source for the problem that will be easily manageable.
2. The metaphor is in fact contact with an “information bubble” coming from the collective unconscious. It would have been drawn in by the intention because of its resonance with the person’s situation.
3. It is the product of pure imagination and has no real meaning beyond entertainment.
4. Your cells or your genes keep a memory of what they once were and send you memories when you are in a receptive state...
5. Past lives exist and you return to what has been “forgotten”.

Whatever the reality behind these explanations of past lives, the most important thing to consider is that many people achieve positive, beneficial changes through these hypnotic regressions. So you will use them, taking every possible precaution for the future well-being and psychological balance of the guided person.

During a regression in deep trance, the guided person under hypnosis often recounts memories that do not belong to them, as if they had already been present on earth at that time. Stranger still, as in many cases that were conducted and deepened, when one goes to the actual location to verify the information obtained, very often everything matches... Civil registry, address, cemetery plaque, etc.

People have even been seen starting to speak a foreign language they had never learned before. At first, it was thought this phenomenon could be explained by memory chromosomes. Just as physical traits are passed on to us by our parents through chromosomes, so too, it was thought, we might inherit the memories of our ancestors. In that case, under hypnosis we would be recounting the memories of those who came before us in our lineage.

Some researchers also consider the possibility that regression into a past life is due to a phenomenon called cryptomnesia*, also known as hidden memory. That is, among the 2000 pieces of information processed by the unconscious every second, although only a tiny fraction is grasped by consciousness, some of it does resurface into awareness. The unconscious forgets nothing, everything is stored. So, regression may bring back up certain information that went “under the radar” but still crossed our path at some point. This explanation is often cited for cases where people, in trance, speak a foreign language without knowing it, the assumption being that they must have heard it at some point in the past. From this information, the unconscious, which abhors a vacuum, creates a kind of metaphor that seems more real than reality itself.

* The **cryptomnesia**, from Greek *kruptos* meaning “hidden,” “secret,” and *mnémè* meaning “memory,” “recollection,” literally “hidden memory,” is a memory bias in which a person mistakenly believes they have produced a thought (an idea, a song, a joke), when in fact that thought was actually produced by someone else. Cryptomnesia can lead to unintentional plagiarism, in which the person has a memory-based experience they cannot distinguish from genuine new inspiration.

ABOUT THIS TECHNIQUE

This type of technique can be considered part of “spiritual hypnosis,” offering a global vision of the human being. This type of journey starts from the premise that the soul incarnates on Earth to accomplish certain learnings, like a life mission.

It sometimes seems easier to find a solution in a past life, because there is then a greater detachment from the problems and the people involved. Some people discover that their current destructive patterns are rooted in an experience lived in another life.

Please note that you do not need to “BELIEVE” in anything for this technique to work.

USE CASES

Past-life regression consists of metaphorically revisiting one or more past lives that have a strong influence on the guided person’s life. Depending on each person’s beliefs, this technique can aim to:

- Understand certain life situations or repetitive patterns
- Integrate experiences, abilities, learnings and knowledge acquired during past lives
- Understand the origin of certain illnesses and free yourself from problems affecting physical, emotional, mental health
- Understand your karmic relationships
- Release emotional imprints stemming from past lives
- Resolve conflicts experienced with people who were part of your loved ones in a past past
- Reconnect with resources and draw on lost energies
- Understand the origin of certain misunderstood emotions
- Discover your life plan or life mission
- Untangle certain blocks
- Lift the veil on a past experience for the pleasure of knowing what you once were
- Discover the origin of a difficulty experienced in daily life
- Prepare for death

PRELIMINARY REMARKS AND PRE-INDUCTION DIALOGUE

This technique can help enormously in answering many existential questions such as “Why am I here?”, “What is my role, my contribution, on this Earth?” in order to rediscover the meaning of your life.

In the Tibetan Book of the Dead, the Bardo Thödol, there exists a spiritual space between incarnations, called the “Bardo”.

There are many accounts from near-death experiences (NDE) that describe a tunnel, a bright light, a meeting with loved ones.

This leads to the theory that after the death of our physical body, we pass through different phases of understanding in order to decide when, where and how we want to return to Earth. In this view, we retain our free will and choose to go through certain difficulties for our own evolution — never as a “punishment”.

Also, when the guided person reconnects with the moment of the original choice, of the decision of why they wanted to incarnate, they gain a clear vision of their mission on Earth, which

that considerably changes the perception of many things in everyday life here and now.

That is why, in the past-life regression technique, it is necessary to have the guided person spend time in the “between-lives,” to have them feel it, hear it and visualize what is happening there, and put it into words.

This moment in the technique will make it possible:

- To access a higher wisdom
- To find loved ones again and be able to tell them what was left unsaid
- To discover one’s life mission
- To understand one’s reincarnation and the choice of the current family
- To become aware of the spiritual purpose

PREPARING FOR THE JOURNEY

The preparations are the same as those described for regression in the current life, namely:

- Define the objective and symbolize it
- Draft the agreement
- Define the positive or neutral life moments using the table
- Identify the allies
- Set up fuses and anchors, if desired
- Put the person in context by saying phrases like these as fuses:
 - o “If your 3 Selves agree to let you get rid of the problem you’re facing, and it’s healthy and good for your growth, you will go back to the time when the problem first appeared.”
 - o “Allow your inner awareness to go back to the time when the problem was created.”

TECHNIQUES FOR MANAGING UNPLEASANT MOMENTS

When a challenge, a problem, or a conflict arises, use tools like the Scanner to manage an unwanted emotion or time distortion to go back if desired in order to rewrite the story. Manage the situation until it is resolved in the most harmonious and elegant way possible for the person you are guiding. Remember to call on the allies if difficulties arise.

You can use post-hypnotic suggestions to the effect that everything has changed, since the emotional imprint of what was negative has now been erased.

You can also add fuses such as: “You will remember only the memories that are positive for you to remember.”

STEPS OF THE PAST-LIFE REGRESSION TECHNIQUE

1. Induce and deepen a level of trance conducive to regression, that is, a relatively deep trance. Take the time needed for the induction to achieve an effective regression. See the description of the previous technique for more details on establishing a deep trance and *The Méthode Dolfino®: basic techniques*, chapter 3, The Induction, p. 44 and following.
2. Connect the guided person below and above with the spirals.
3. Place the fuses.
4. Invite the guided person to stand in front of their tree, look at themselves in the mirror, and then lie down close to the tree.
5. Suggest to the guided person that their immaterial consciousness appears to accompany them (in whatever form the person chooses: a light, a fairy, a glowing dragonfly, a dancing flame...)
6. The person's hair then begins to grow, it lengthens... lengthens... and lengthens further, transforming, after being combed with love and kindness, into a path. Accompanied by the immaterial consciousness, the person quickly travels the path containing the life moments described in the life chart during preparation. This step unfolds quickly.
7. Regress to before birth and spend a little time in the mother's womb. Let the guided person experience this pleasant moment through the VAKOG. It is uncommon, but it

can happen that intra-uterine life is a difficult period for the guided person. Watch closely for non-verbal cues and shorten the time spent in this period if that is the case.

8. Evoke the moment when “the essence of life, the soul” enters the body.
9. Regress further to have the person you’re guiding feel an absence of matter, of reference points.
10. Have them make contact with an essence, a soul... Have them describe its shape, its texture, its colour...
11. Question the person you’re guiding about what motivated them to incarnate. Ask about:
 - o Their life mission
 - o The choice of incarnation
 - o Their soul family or “soul friends”
12. Ask the person you’re guiding to question the surrounding wisdom to answer these questions if it seems hard for them to answer on their own.
13. Regress further, guiding the person with a phrase like this: “I invite you to go back further, wherever you need to go to find what you need to find.” At this point you can use time confusion: “To go into that space-time where the past is the pure expression of a future yet to come, passed through the present in this great immutable whole...” Invite the person you’re guiding to now take on this human form.
14. Ask the person what they see, feel, hear, sense... Who are they? Where are they? What is happening? Here, it may be relevant to start with the feet. Ask plenty of questions and let the person you’re guiding live in this new body.
15. The person you’re guiding recounts the situation they lived through and resolves it.
16. Return by the reverse path, sped up. Simply invite the person you’re guiding to return to that moment between two lives, then to return along the path of their current life. Cite again the events of their past from the oldest to the most recent as they make their way back up to this day.
17. The person you’re guiding returns to the tree, integrates the immaterial consciousness, and looks at themselves in the mirror.
18. Return from trance with the fuse “all these changes will happen at the right speed for you and will only take place if it is good for you”.

Technique: Mineral, Plant, or Animal Regression

The attentive person is always amazed by the diversity of plants, trees, and flowers. They are fascinated by the colors and shapes of minerals, intrigued by the instinctive behavior of animal species. The wisest among us know how to observe, draw inspiration, and learn from nature in order to better understand their own life.

“At the edge of a desert alpine lake, where the spring meltwaters flood the dwarf willows and grassy marshes, the coots make such a racket that we gave up talking to each other. Two males, heads lowered, charge at one another through the waters of the lake. They collide chest to chest and engage in a scuffle full of kicks. Not easy, apparently, to kick on water when you’re a coot: it falls back and splashes up again, you end up on your back, you try to hold your opponent with one foot while slapping firmly with the other...

All this boisterous tribute to vigor and life, to love and beauty, so much strength and attention devoted to the renewal of generations... all of it leaves us frozen, breathless, and exhilarated. All this animal life, at once joyful and fierce. What does it mean? There always comes a moment in my philosophy course when a student raises the question, blushing with embarrassment because it seems to parody all the others. Whatever the case, there they go: “Why all this? What does it mean? What is the meaning of life?”

Most of the time, the question is easily brushed aside. The teacher plays the smooth talker, dodges the issue, and since philosophy nowadays is mostly a matter of language, it’s enough to turn the question back on the asker, or to answer that if it comes to mind, the answer will surely not satisfy them anyway. And the words eventually run out, and the students shift in their seats, eager to get back to the questions likely to appear on the exam. But here’s the thing: last week, a student who had studied metaphysics and epistemology, and Søren Kierkegaard, a student who read Kant and brought fresh fruit to class, killed herself at home with a single gunshot to the head, sitting at her kitchen table.

She left no note, no explanation, and no one understands any of it. Her teachers sag against the classroom walls, unable to utter a word. Too late, we understand that we never taught our students what ducks know without knowing. That, as Dostoevsky said, “We must love life more than the meaning of life.” We must love life above all else, and from that love a meaning may perhaps be born. But “if this love of life disappears, nothing can console us.” What do they tell us, these moments like a prism trained on existence, what do this marsh, this humidity, this foaming clamor, this assault of will among the willows, this garish scene, these colors, these feathers, these efforts, this noise, this complexity, all that leaves neither note nor explanation, tell us?

Nothing, it seems to me, except that we must go on. That is the lesson of the marsh.

Life concentrates all its powers on a single goal: to keep existing. A marsh at dusk is life expressing its love of life. Nothing more. But nothing less, either, and we would be foolish to tell ourselves that this is a lesson without importance.”

Source: Kathleen Dean Moore, philosopher and writer. Petit Traité de philosophie naturelle.

ABOUT THIS TECHNIQUE

This technique offers a way to perceive reality differently and to put things in your life into perspective... It is an experience in itself that is nourishing and, above all, very enjoyable.

To carry out such a regression, you will be offered a new way of working. Here, you will use a script to guide the person into regression. The script, even though it is not an integral part of the Méthode Dolfino®, is used frequently by many hypnotherapists.

USE CASES

- Gaining a new perspective on an event or an experience
- Acquiring new tools and a new understanding
- Getting in touch with another form of life
- Grasping the value of every form of life
- Resolve a problem in another form of life, in order to resolve it energetically and metaphorically in this life

For a mineral regression:

- Understand the essence of time and step out of daily restlessness. Perceive another way, much slower and more stable, of experiencing things.
- Connect with the story of mother earth
- Understand the vibration of crystals and learn to grasp their powers and functions

For a plant regression:

- Connect with a form of life very different from human life
- Understand trees, their interactions with each other, with animals, with the earth and the climate
- Better understand the cycles of nature
- Understand the power of trees and plants, both on the vibratory level and on the medicinal and energetic levels

For an animal regression:

- Grasp the wisdom of certain animals and discover their teachings
- Acquire new abilities
- Grow closer to a totem
- Learn to better connect with an animal species

PRELIMINARY REMARKS

Scripts can and must be adapted to the person you're guiding. It's important to put your own personality into it — in the tone, the pace, the phrasing — so as to be in perfect sync with your guided person.

Here you'll use Dr. Chertok's regression method.

STEPS OF THE TECHNIQUE FOR REGRESSION INTO ANOTHER FORM OF LIFE

Define the objective, carry out the induction and the necessary deepenings, and invite the guided person to settle comfortably in front of their tree, then begin reading the script:

- Now, focus carefully on what I'm about to tell you...
- I'm going to suggest that you move back in time, into the past...

- You'll have the impression of having moved back to the period I suggest to you...
- Let's start with yesterday...
- What did you do yesterday morning?...
- What did you have for breakfast?...
- For lunch?...
- Now, we're going back to the first day you came...
- Can you see yourself talking to me?...
- What do you feel? Describe it...
- What clothes were you wearing?...
- Now, listen carefully. We're going back to a time when you were little...
- You're becoming smaller...
- Your arms and legs are becoming smaller...
- I'm someone you know and love.
- You're between ten and twelve years old. Can you see?...
- Describe what you see...
- Now, you become even smaller.
- Your arms and legs are shrinking.
- Your body is shrinking.
- You go back to a time when you were very, very small...
- Now, you are a very young child...
- You have returned to the moment when you went to school for the first time...
- Can you see yourself?...
- Who is your teacher?...
- How old are you?...

- What are your friends' names?...
- Now, you're even smaller than that...
- You're much, much smaller...
- Your mother is holding you...
- Can you see yourself with your mother?...
- How is she dressed?...
- What is she saying?...
- Now, you find yourself before your birth.
- Until you approach a tunnel, which opens onto a bright white light, from which love and peace radiate.
- You move closer to the light... Closer... more and more...
- You are in the light... a very bright light... feel the love and peace of this light that envelops you, cradles you... you feel perfectly safe.
- I'm now going to count to three.
- At three, you'll find yourself in the life form most relevant for finding the answers to your questions and resolving what needs to be resolved...
- At three, you'll pass through the light to reach another life.
- Another life form.
- A life that is not that of a human.
- A life well before that one.
- That is part of your story.
- Of your evolution.
- At two, you feel your consciousness transforming, shifting...
- Changing perspective.
- At one, you feel your form change drastically, along with your perceptions.

- Everything becomes completely different...
- One. Your form changes drastically.
- Two. Your consciousness transforms.
- Three. You pass through the light and find yourself in this other life form.

At this moment, the regression into another life form truly begins.

- I now invite you to feel.
- To inhabit your new space (guide the person so they take up all the space).

Have them feel and describe:

- The shape, the texture,
- The way the guided person feels things,
- The movement or the pulsation,
- The perception of the environment.

From this moment on, you proceed as in a metaphorical regression.

- Explore the environment (or the stillness)
- Bring them into contact with reality. What is happening?
- What needs to be done? What is the challenge? What action needs to be taken?
- Then, continue by resolving every situation that needs to be resolved.

The return is done by inviting the person to go back to their tree, then to return from trance on the count of 3, as usual with the Méthode Dolfino®. (See *La Méthode Dolfino®: basic techniques*, title 3. The induction, p. 44 and following)

Conclusion

The Méthode Dolfino® hypnosis practitioner always adapts to the guided person's request and is not there to make them go into a past life or not. What matters is that the session makes sense for them. The unconscious can bring up symbolic images and everything can seem very real, as in a dream. It can also truly be their past life. This is not of great importance; what matters most is that the person draws a learning from the session and that it gives them a better understanding of themselves, a better feeling, or an awareness. All these Méthode Dolfino® regression techniques are carried out within a safe framework, and as the guide, you will be the first to be surprised by the richness and creativity of the Young Mes you will meet, for your greatest good and the greatest good of all.

Notes

APPENDICES

SHEET NO. 1: Objective and symbolization

a) I define my objective and symbolize it:

Symbol:

b) What I wish to visit:

c) Chosen scent:

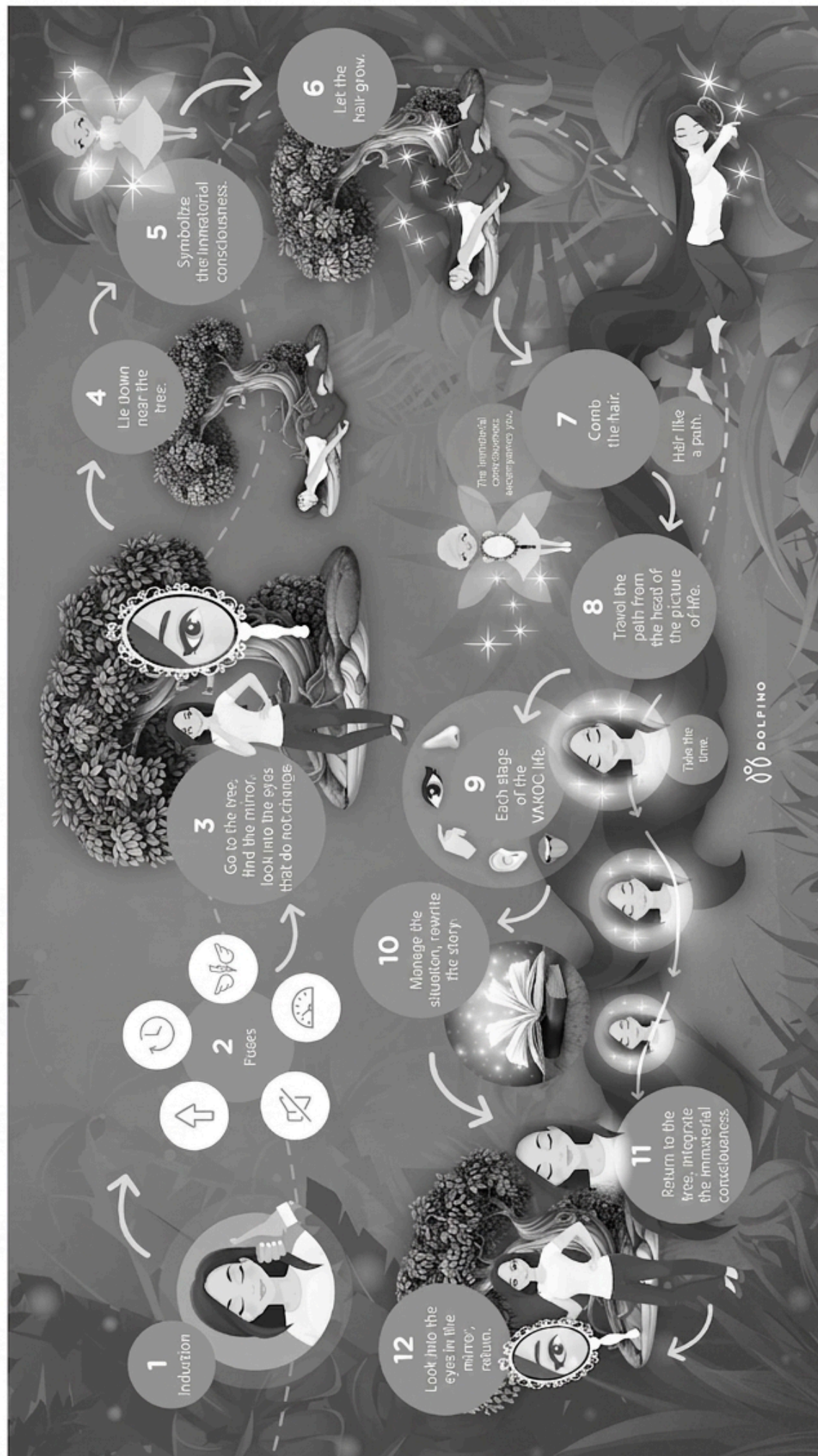
d) My allies:

Suggested elements to consider for:	Choice of fuses to use	Wording
For the reaction to emotions		
For emotional intensity		
For the emotional state at the return of the trance		
For the depth of the trance		
For the result to be achieved		
Events likely to harm life will be inaccessible		
For physical comfort		
What will need to be addressed		
You will go, if it feels right for you		
No event likely to worsen the trauma will occur		

Sheet No. 3: Life Chart

Age	Dominant or notable events
Present	
60 to 80 years	
50 to 60 years	
40 to 50 years	
30 to 40 years	
20 to 30 years	
15 to 20 years	
15 years	
5 to 10 years	
2 to 5 years	
1 year	
Birth	







TO LEARN



Other form of life

DR. CHERTOK'S
TECHNIQUE
(French psychiatrist)
oo
METAPHORICAL
REGRESSION

Read the
induction,
adapt to
maintain sync.



To make the
complete
experience live
in the body.



oo DOLFINO



DOLFINO

ACTIVATE YOUR FULL POTENTIAL