

International Board for Regression Therapy

A Metaphysical Approach to Resolving Hidden Karmic Agreements From Past Lives and This Life

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Brief Bio

Peter Wright is a certified Hypnotherapist with more than 25 years of experience. He is also an IBRT Board Certified Past-Life Regression Therapist and serves on our Board.

In addition, Peter is certified as a Life Between Lives Hypnotherapist and he's skilled in Spirit Releasement.

Peter has helped more than 1,900 clients through Hypnotherapy by Zoom, phone or Skype or in-person at his office in Santa Barbara, California.

He offers a *free* 30-minute Consultation to prospective clients by Zoom, phone or Skype.

For more information, please go to his website: www.insightsfromwithin.com. In particular, check out "What My Clients Say."

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Today I'm going to share with you my metaphysical approach to Hypnotherapy.

- I'll start with a bit more about myself
- Then I'll focus on the specific protocols that I use during a Hypnotherapy Session.
- This will include
 - My Free Consultation with a prospective client
 - The two-hour Hypnotherapy Session and my one-hour Follow-up Session
 - And Along the way, I'll talk about the protocols I use to resolve hidden karmic agreements and
- I'll end by sharing highlights from three client sessions to give you a better understanding of how all this fits together.
- I'll then open the floor for your questions and comments.

So Let's Get Started....

- Over the past 25 years, I've taken many workshops and classes from the leading lights in Hypnotherapy.

- From this training and working with my clients, I've developed my own series of protocols -- particularly in recent years in partnership with a hypnotherapist colleague who channels the Ascended Masters. The Ascended Masters she channels dictated several of the protocols that I use in my practice.

I have a rather unique metaphysical approach to Hypnotherapy. So Here's an Overview of My Practice:

- After taking the client into trance, I guide the client up into the high vibration of the 5th Dimension where all the answers can be found from the Guidance that joins us in the Light. Once there we work closely with the client's Heart and Higher Self and other parts of the client.
- Typically, we may invite Archangel Michael, Lady Master Quan Yin and the Karmic Council, other Archangels, Ascended Masters, Spirit Guides, Loved Ones who have passed on plus others from the Light who would like to help us for my client's highest good.

Great Success

- I've been truly surprised and amazed at the success I've had from using the protocols that I will be describing today.
- My clients have been able to come to closure with some very complicated issues in just one two-hour session.
- Throughout we have been inspired by the loving and wise Guidance that joins us to lead our sessions.

A First Time Presentation

- Today is the first time that I have presented my metaphysical approach to my peers.
- I am eager to share these protocols in hopes that you might discover some tools that you can add to your own practice so you can become even more effective in working with your clients.

Email Link

- In the next few days, this Zoom presentation will be uploaded to the IBRT website (www.ibrt.org). Included will be an email link so you can download a complete printed transcript of this talk along with some additional protocols that I was not able to cover today.

Getting Into the Details

- For those new to Hypnosis, I'm going to go into detail about how I work with my clients.
- This particular approach really pays off at the end with the results that my clients receive. That's why I want to include these specific details in this talk.
- For you Old Timers, please take what you like from what I am about to share.
- For clarity, I will refer to my client as "she" or "her" during this presentation

To Set the Stage, Here's A Bit More Background on Me

- Like many of you, I believe that I have been led step by step on this journey as a Hypnotherapist.

- When I was a kid, my older brother had a comic book collection. And one day a particular Superman comic book caught my attention.
- Back then, comic books had ads in their last few pages. In this Superman comic, there was an ad for a book entitled, *How To Hypnotize Your Friends*.
- I thought to myself – “*How cool is that?*”
- So I went up to my father, who was a mortgage banker, and I showed him the ad and said, “*Dad, I really want to buy this book. But I don't have any money. Can you help me?*”
- My Dad looked at the ad and looked at his loving 8-year-old son and said, “*That's the stupidest idea I've ever heard.*”
- That killed it for 18 years. But the idea of Hypnosis stayed with me. So after getting a Master's Degree in International Relations -- which means I can relate internationally -- I returned home to Washington, DC and began taking classes in Hypnosis. And, eventually, I got certified as a Hypnotherapist.
- In fact, the first Hypnotherapy class that I took was taught by Janet Cunningham, who as many of you know, was the long-time president of this organization before Holly took over.

This Brings Me to Uncle Harold

- Several years ago I was at a workshop as a participant. There was another hypnotherapist present. We engaged in idle chatter before the workshop began.
- During one of the breaks, he shared with me on his cell phone part of a video of one of his client sessions.
- Now his client was in hypnosis and they had invited the client's Uncle Harold to join them in the imagination of the client.
- Uncle Harold had passed on years before -- but in the video you could see his little photograph of Uncle Harold dancing right next to the client's face.
- There was no photograph of Uncle Harold actually in the session room. But Uncle Harold was present – thank you very much.
- *This proved to me that everybody is available to us in the trance state.*
- ***So it is easy for my client and me to connect with them through our IMAGINATION!***

I'm sure you are well aware of this – but if you are not:

- This Cast of Characters includes people who are currently alive in physical body as well those who have passed on.
- It also includes Past Life Personalities, Spirit Guides, Angels, Archangels, Ascended Masters – up to and including God, Source or whatever you call the Divine
- And let's not forget the client's Heart, Higher Self, various emotions, bodily sensations and other parts that we can ask to work with us as well. In other words, Parts Therapy.
- Together, they know everything about the client from this life and past lives and they are of, course, eager to partner with us to help the client resolve her issues and heal.

So on to My Practice: It Starts with A Free Consultation

- I start with a 30 to 45-minute free Consultation by Zoom, phone or Skype with a potential client. Once Covid quiets down, I hope to see clients in-person once again.
- During this Consultation, we talk briefly about the issues the client is seeking to resolve and then I describe hypnosis and my metaphysical approach and the resources I use in working with clients.
- I invest this time up front because I want to determine if I believe I can help the client. Plus I want to make sure that the client is open to my particular metaphysical approach since it is very different from Talk Therapy.
- I emphasize to my clients -- as I'm sure you do as well -- that their soul speaks through their imagination during a Hypnotherapy session. And this soul is not making things up, rather it is translating what is inside the client into first thought, first feeling, first image, first voice.
- So, I invite the client to be my tour guide, be my court reporter and share with me whatever is happening because we will be talking back-and-forth throughout the entire session.
- If we decide that there is a match based on the Consultation, we schedule a two-hour Hypnotherapy session by Zoom, phone or Skype in the future.
- I then send my client a link to an MP3 of my hypnotic induction so the client can download and practice it before we get together. I also include three one-page forms to be filled out and emailed back to me before our session begins.
- One of those forms is for the client to describe her goals for our Hypnotherapy session.

The Start of the Session

- When we actually get together, the client is most likely at home sitting up in bed or in a recliner.
- I quickly summarize our earlier discussion of Hypnosis and ask if my client has any questions from using my Hypnotic Induction.
- We then quickly finetune the client's goals that she had emailed to me in advance.
- Next, I *ask if there's anyone my client needs or wants to forgive* – and why? These individuals could show up during the session.
- I then ask the client briefly about her spiritual background and if she has a specific term for God or Source or the Divine.
- Next, I inquire if there are any saints, religious figures, loved ones who passed on, shamanic animals, or guides that she turns to when things go wrong in her life.
- Some people have them -- some don't. I just have learned to ask.
- I then ask her for permission to invite her resources to join us for our session.
- I then officially start the session by calling forth the key resources the client mentioned along with all of her other masters and teachers and guides and loved ones from the Other Side -- whether she knows them or not -- to join us now.
- And I invite my Guidance to be present as well.
- When the client tells me that everyone has arrived, I welcome the Guidance and ask them to assist us in resolving the specific issues that we want to focus on during the session – as I name the issues one by one.

- And then I add: *Plus anything else that we can accomplish for the client's highest good.*
- I ask the client to take these goals into her Heart, feel them strongly in her Heart and then send them out like a silent prayer to all those who have joined us from the Light.
- I then invite her to send a silent prayer of gratitude *through her Heart* to all those who've joined us.
- So from my perspective we are setting ourselves up for success.
- We're both asking for specific assistance from Guidance and then reinforcing it with prayers expressed through my client's Heart.
- I then protect the client inside a shield of crystalline white light and then guide her into Hypnosis and on a guided visualization up into the 5th Dimension.
- This visualization involves slowly counting from 1 to 10 three times as we take a client higher and higher up into a high vibration in the Light.

Aura Strengthening Visualization

Imagine now, begin to visualize deep within your chest, a brilliant point of White Crystalline Light. It is your connection with the Light, your connection with the Source. (Pause) See this Light expand into your whole body, feel the energy flow through your entire body, down into your legs, out into your arms, filling your head. (Pause) Imagine now that this Light is expanding out past the boundaries of your body, outside your physical form, expanding out about an arm's length on all sides of you: in other words: an arm's length in front of you, an arm's length behind you, an arm's length on either side of you, as well as above your head, and beneath your feet. (Pause) See and feel this Light now, lovingly, protectingly, comfortably surrounding you like a large egg-shaped Bubble or Shield of White Crystalline Light all around you.

Sparkling through the bubble or shield of Light now, begin to imagine bits of emerald green, the color of the energy of healing, and bits of rose pink, the color of the energy of love. (Pause) Every cell of your body has its own intelligence and is now using this healing energy for the highest good of your entire organism.”

(Adapted from **Spirit Releasement Therapy** by William J. Baldwin, DDS, PhD)

Guided Visualization into the 5th Dimension

Once the client is in Hypnosis:

In a moment you and I will begin a journey together to a place that is better than this one. As you travel with me, you will feel better and better so latch on to my voice and come with me on a wonderful journey to a place that is so bright, so light where all your awareness is increased, where all positive feelings exist and where negativity can hold no place whatsoever. Take that journey with me. I am going to count from 1 up to 10 and as I do, we are going to move upward. We're going to begin moving and lifting and rising. Not your body. It is not important. The physical part of you is going to remain here. And actually as we do this the physical part of you can enjoy its ability to drift deeper always. With every breath it exhales and the sound of my voice can be used as a helpful guide for the physical part of you to continue to relax in perfect safety.

On the other hand, your mind, the mental part of you, is like a balloon filled with helium and it begins moving and lifting and rising effortlessly – easily. And the higher it moves, the better you feel and the more you become aware of all things that you need to know – or want to know – the more you become aware of the world around you at every level at every place. And as your mind moves higher and higher, a pleasantness of feeling come across to you. A beautiful inner tranquility becomes part of who and what you are. So let that happen. Let your mind become free – free to move so high, so wonderfully high – that all things become aware to you.

Let's begin now. Let's begin leaving this heavy physical sluggish being. 1 – begin leaving this heavy physical sluggish being. Feel yourself moving higher, your mind begins moving and rising – like a feather in the wind – 2 – on a gentle breeze lifting you higher and higher – 3 and 4 – moving into a higher vibration 5 – moving higher as if your whole mind is filled with helium and enjoying a pleasant lightness 6 – 7 – 8 oh you feel so good, so bright, so aware. As you move into the next counts notice that your awareness of mind becomes even more open, more focused, more alive and at the same time notice that all resistance to positive suggestion and feeling dissolves and disappears 9 and 10 and rest. Feel the peace, feel the joy. Become aware of the tremendous feeling of love that surrounds you here. As this feeling of pure love enters your mind, the mental part of yours relaxes – allowing all the feelings of love and joy flow in and become part of you and it can never leave.

So let's move up to this other place – two more levels for you to go up to. Where you will find the beauty and joy of all those things that you wish to understand will soon be available to you to use for whatever you need. Here we go. Once again. 1 – Moving higher and higher --2 – floating free – 3 – higher and higher – 4 – lifting and rising even higher – 5 – so high, so comfortable , so peaceful – 6 – higher still – 7 – free as you go up even higher in the light – 8 – 9 –10 and once more rest and relax and enjoy the beauty of where you are . The peacefulness.

And now we take our final journey upward now. To go to the most beautiful place your mind has ever been in. A beautiful place filled with tranquility and absolute awareness and capability is now going to become yours. So once more here we go. 1 – so much higher now that there is absolutely zero resistance to this beautiful lifting of your mind – 2 – 3 – rising effortlessly, effortlessly – 4 and 5 – just like a hot air balloon quietly lifting you into a beautiful blue sky – 6 – 7 – the quiet, the serenity, the peacefulness – lifting and rising – 8 – 9 – almost almost there --just a little more and --10. You feel so good. You feel so aware. Now ____ take a moment and become aware of all that surrounds you here.

Now as your mind relaxes even more your awareness of everything around you increases, and you have an awareness that you are not alone in this place. There are positive things – positive intelligences, positive souls, positive atoms who surround you.

In a few seconds I'm going to ask you to describe your surroundings– whatever you see, sense, feel or hear and know. Whatever comes to mind.... Be my Tour Guide. Be my Court Reporter.

And as you describe your surroundings you will find that with every word you say out loud you'll go even deeper into this awareness – even deeper into relaxation – where all of this becomes even clearer for you to experience and share with me.

At the same time you'll notice that when we connect with your Higher Self and all other Guides and Resources who have come to help us – that all communication with them is via thought. So you can easily hear/sense/see/know all the answers that you receive from these resources in response to my questions and can easily share those responses with me.

So tell me, what does this place look like, feel like or seem like to you? What are you aware of....?

(Adapted from Gerry Kein's *Ultra Height – To Meet with a Guide* and from a Visualization from the Monroe Institute)

What is the 5th Dimension?

- For me the 5th Dimension is where all the answers can be found. We can go anywhere/ anyhow/ any why and any when.
- Because we are in a higher vibration, it's very easy to connect with the client's Heart, Higher Self and **all** the Guidance available to both of us from the Light.
- Plus the Guidance knows everything there is to know about my client -- from this life and past lives. And they are eager – as I mentioned -- to work in partnership with us to help the client resolve her issues.
- In fact, this Guidance brings their To Do List to the session -- and their To Do List takes precedence over my client's list of goals – because the Guidance knows where we need to go first – and they will take us there.
- **From this point on I take careful notes of most everything that the client says.**

When We Arrive Up in the Light

- I'll ask the client, "*What does this place look like, feel like, seem like to you? What are you aware of up in the Light? First thought....*"

Heart

- Next I invite the client's Heart to join us.
- *You may experience this part as an image, a feeling, a presence, a knowing or perhaps an inner voice.*
- *How does your Heart make itself known to you?*
- *For those who are visual...*
- *For those who are audio or kinesthetic...*
- *Now I invite your Heart to come forth – as if you were channeling it – with words like, "I'm here."*
- *"I'm here."*
- *Heart, how do you support _____? What do you do for her?*
- I take notes.
- *Heart, are you aware of _____'s Higher Self? Yes or No?*
- *Can you help us access that part now?*

Higher Self

- *Next, I'd like to call upon the part of you that is infinite and wise, the part of you that is your Higher Self."*
- *You may experience this part as an image, a feeling, a presence, a knowing or an inner voice. This part is kind, loving energy.*
- *How does your Higher Self make itself known to you?*
- My client describes her experience of the Higher Self.
- Let's invite your Higher Self to announce its presence with words like "I'm here."
- I'm not clairvoyant so I cannot look at the client and see her Higher Self. So this is the key question that I ask the Higher Self and all the Beings of Light that we work with during the session.:
- *Are you in service to the Light and Love of the One Infinite Creator? The truth and nothing but the truth. Yes or No?*
- If it is not the Higher Self, it cannot lie and say, *"I sure am.*
- I use that question over and over whenever a Wisdom Figure joins us from the Light.
- If the Voice answers No, then ask: *Why have you come forward just now?*
 - Find out why that energy is present.
 - *Thank you for coming today. You are released to go about your own activities.*
- If a Negative Intruder is present, then say: *In the name of the One Infinite Creator I command that you leave my presence immediately and do not return.*
- *I now call on the True Higher Self of my client to come forward now – announcing its presence with words like "I'm here."*
- I then ask the Higher Self, *"How do you support _____? What do you do for her?"*
- I make note of whatever the Higher Self tells us.

Higher Self versus Soul

- I would define your Soul as that aspect of you that is eternal. It is completely aligned with all facets of the Divine.
- Your Higher Self contains a portion of your Soul. But your Soul is so vast that only a part of it can incarnate into your human energy system as your Higher Self when you are in your mother's womb.
- The energy of this Higher Self has a lower frequency than your Soul in order to match the frequency of your human energy field.
- At death, your Higher Self rejoins the fullness of your Soul's energy.
- From my perspective, your Higher Self is the highest and best part of you.

Start to Form an Inner Wisdom Team

- Next, I invite Heart and Higher Self to join forces to form the beginning of the client's *Inner Wisdom Team*. We will work in partnership with this team during the session.
- In fact, we'll be adding to the team as the session unfolds. Typically, Archangel Michael, will join us as well as others from the Light. This team could include one of the client's Spirit Guides or a loved one from the Other Side. Often Lady Master Quan Yin and the Karmic Board will join us later. These resources just show up to help the client.

- Now that we have formed the client's Inner Wisdom Team, I will turn to them, on occasion, and ask, "*What wants to happen next?*" And they will tell us.

Magic Mirror of Truth

- Typically, I then invite the client to imagine herself standing in front of a Magic Mirror of Truth.
- I then ask her to describe the frame – "*Is it made out of wood, metal or glass or something else?*" Any frame is fine.
- *As you easily look into the mirror, I want you to note your own reflected energy or body. Now describe whatever shows up. Whatever you see, sense or feel in that mirror?*
- Ideally, it should be my client as she is today with a big smile on her face.
- That rarely happens.
- Instead here is what typically can show up:
- It could be the client as a child or it could be a past life personality or a spirit guide or a positive emotion or an earthbound spirit or ghost – or negative energy or simply colors moving across the screen or nothing at all.
- Whatever shows up – I draw a picture of it in my notes and write down the words my client uses to describe it.
- From my perspective, the energetic image in the Magic Mirror is the metaphor of where we need to begin our session.
- During the session, we may return periodically to the Magic Mirror of Truth until the client sees a reflected image of herself smiling as she is today -- free of anything that looks out of place.

Here's How I Work with the Energy From the Mirror

- I invite the energy in the mirror to come forth and talk to us with words like, "*I'm here.*"
- My goal is to find out what it is and how it's affecting the client.
- In other words, "*Are you a good witch or a bad witch and are you helping or hindering my client?*"
- During today's presentation, I'm going to be focusing in particular on Intruders -- earthbound spirits and negative entities.
- I do this because these Intruders could be the cause of past life karmic contracts that are affecting my client's present lifetime.

Please Note: If you have not had much experience in working with Earthbound Spirits and Negative Entities, I strongly encourage you to purchase *The New Regression Therapy* by Greg McHugh. Greg is on the IBRT Board and is an expert in Spirit Releasement.

Next Steps to Determine the Purpose of the Energy in the Mirror

- I ask that energy to announce its presence with words like "I'm here."
- *Are you a part of Alice or something else? Truth and nothing but the truth.*
- There are three possible answers:
- The *first is, "I'm a part of Alice."*
- It could be the spirit guide, a positive emotion, an inner child, a past life personality or some other positive part of the client.

- The second possible answer is, “Something else,”
- If I hear that response, I ask, *“Have you ever had your own human body? Truth and nothing but the truth. Yes or No?”*
- If Yes, then *this could be an Earthbound Spirit* – in other words a Ghost.
- Or if the answer is NO, *it could be the third possible answer: Negative Energy.*

Earthbound Spirits

If it is an Earthbound Spirit, here are some of the questions that I ask it:

- *Tell me energy, are you a part of Bill or something else?*
- If it replies, “Something else.”
- *Have you ever been alive in your own human body?*
- If Yes....
- *Think back to the time that you had your own physical body. Was it male or female or something else?*
- *What happened to that physical body when you died?*
- *How old was Bill when you joined him?*
- *What attracted you to him?*
- *What was happening with Bill that made it possible for you to join him?*
- *How has your presence affected him since your arrival?*
- *What are the feelings and beliefs about yourself that you carried with you from that life and physical body that you left behind?*

Negative Entities

- But if the answer is No: *“Have you ever had your own human body? It of course could be a Negative Entity.*
- If it is a Negative Entity, here are some of the questions that I ask it:
- *How old was _____ when you joined him?*
- *What attracted you to him?*
- *Who sent you?*
- *What is your purpose in being there?*
- *How long they have been with the client?*
- *What was happening with Bill that made it possible for you to join him?*
- *What made my client vulnerable?*
- *How has your presence affected him since your arrival?*
- *What are the feelings and beliefs about yourself that you carried with you from that life and physical body that you left behind?*
- *Are other Dark Ones attached here as well? How many?*
- *Was there an agreement or arrangement with the client in this life or a past life that fostered this attachment?*
- Ask client if she wants these interlopers to remain in her energy field affecting her.
- Then explain to the Dark Ones that they must leave and never return.

So What Happens Next?

- If I suspect or am told that the energy is an Earthbound Spirit or Negative Energy, I will ask Archangel Michael to join us with words like “I’m here.”
- *“Are you in service to the Light and Love of the One Infinite Creator? Yes or No. Thank you for coming forth.*

- *“Would you please scan my client’s energy field and let me know if there are any Intruders present that are negatively affecting my client?”*
- *“How many Intruders are present?”*
- My client, who is channeling Archangel Michael, will give me the number.

I May Invite the Client’s Inner Wisdom Team to Join us and Share Their Perspective to See if They Know Anything

- If Intruders are present, I also may invite the client’s Inner Wisdom Team to join us right now as a collective voice with words like, *“We’re here.”*
- Here are some sample questions:
- *Have you been aware of the presence of the intruder(s)?*
- *How have they been affecting the client?*
- If the effect has been negative: *“Would you work with Archangel Michael and me now to send them into the Light or back where they came from so that my client can be free of their influence?”*
- *So tell me Inner Wisdom Team, are you aware of any karmic issues – any unfinished business from a past life or this life -- that involves these intruders and their effect on my client?*
- *Can you tell us more about what happened in the past life or present life that is karmically affecting my client today?*

Archangel Michael Rejoins Us

- Here are some sample questions:
- *Archangel Michael, would you please scan this Intruder again and tell even more about how this Intruder has been affecting my client?*
- *“Is the presence of this Intruder caused by something that happened to my client in this life or in a past life – or both?”*
- *Is this Intruder present due to a karmic lesson or contract that can be resolved today? Yes or No?*
- If yes: *Would it be helpful to invite Lady Master Quan Yin and the Karmic Board and ask them to join us now?*

Who is Lady Master Quan Yin?

- Lady Master Quan Yin is the Goddess of Mercy and Compassion and she is one of the major deities in Buddhism.
- She is also one of the female Ascended Masters.
- Quan Yin sits on the Karmic Board, a body of eight Ascended Masters who dispense justice, karma, mercy and judgment on behalf of each soul on earth.
- We can appeal to Quan Yin and the Karmic Board for their guidance in helping the client come to closure with her karma from past lives and this life.

We Can Invite Lady Master Quan Yin and the Karmic Board to Join Us

- *We’re here.*
- Thank you coming.
- *Are you in service to the Light of the One Infinite Creator?*
- *Would you be willing to work with us to help my client resolve any karmic agreements that have allowed this negativity to affect her?*
- Here are some sample questions:

- *Is the presence of this Earthbound Spirit/Negative Intruder due to a karmic contract or agreement from this life or a past life?*
- If so, can we help her come to closure with it now? Yes or No?
- If yes, Lady Master Quan Yin, *“What wants to happen next for my client to come to closure with karma from a past life?”*

We Have Two Options

Option #1

- *Do we need to go into the story of that past life to find out what happened that is affecting my client now?*
- If so, then I'll ask the client's Higher Self to take the client back into that particular lifetime so you can find out the key turning points that led to this karma that is affecting her life now.
- Or I encourage you to use your own Past-Life Regression protocol to get those answers.
- Once you've discovered the story or circumstances that created the karma, we will invite those key past life players to come forward and join my client, together with those who are already present with us now.

Option #2

- Or can we simply invite the key players to join us now from that past life as well as from this lifetime so we can find out from them what occurred and how that unfinished business is negatively affecting my client's current life?
- Here are some sample questions that I ask those present:
- *How many people show up?*
- *How are they dressed?*
- *Who are they from that lifetime?*
- *What happened? What was the overall story?*
- *What were the major turning points in that lifetime that created the karma affecting my client today?*

Working with Divine Decrees

- In other words, whether we use Option 1 or Option 2, we will learn what happened and the key people involved in that life and this life.
- Then ask Lady Master Quan Yin and the Karmic Council to come forth with words like *“We're here.”*
- *Are you in service to the Light and Love of the One Infinite Creator?*
- Then ask Quan Yin if a *Divine Decree of Forgiveness* could be expressed by my client to help come to closure with this karma/this unfinished business that is affecting my client today?
- If the answer is Yes, then we need to make sure that everyone who was karmically involved in what happened in that past life and in this lifetime joins us now.
- How many additional people show up? And who are they?
- Now I ask my client to be the spokesperson to repeat after me the words that follow and say them with as much Heartfelt feeling as possible to all those who are present:

A Divine Decree of Forgiveness

(Ask the client to repeat after you the words that follow through her Heart with as much heartfelt feeling as possible.)

THE CHRIST IN ME – and then add your name – FORGIVES YOU (or – if more than one person is present -- use ALL OF YOU) for all your actions in thought, word or deed in this and all lifetimes.

Repeat these words and again say them with as much Heartfelt feeling as possible:

THE CHRIST IN YOU (or EACH OF YOU) – or say the other person's name – FORGIVES ME – and then add your name – for all my actions in thought, word, or deed in this and all lifetimes.

And now repeat this after me – again with a great deal of true feeling and emotion:

And we all release this (pause) through all lifetimes (pause), through all parallel lives (pause), and all dimensions, throughout time and space and all aspects of self to zero negative infinity now. (Tibetan bell chime)

And finally, repeat this after me – again with a great deal of true feeling and emotion:

And we both/all move on to our Higher Good. And so it is.

Then I step in and say the following:

I ask through all of our Masters, Teachers and Guides from the Highest Light to assist in correcting all that we have done today to Divine Truth and Divine Perfection now. (Tibetan bell chime)

Discussion with Client and all those from the Light who are present

- *Client, what do you notice now? How are you feeling?*
- *What about the others who were a part of this Divine Decree? Take a look at them? What just happened? How do they appear to you? How did they respond?*
- *I ask my client's Inner Wisdom Team, Quan Yin, Archangel Michael and all others present from the Light to speak in a collective voice and answer this question: Was this Divine Decree sufficient to resolve this particular issue?*
- *If not, is there anything else that we need to do now to come to closure with this karma or these issues affecting my client?*
- *If so, what wants to happen next?*
- *Then ask Archangel Michael/Quan Yin/the Inner Wisdom Team: What can my client expect to see/feel or know now that we have come to closure with this issue?*
- *Are there any other karmic contracts that are affecting my client that we can come to closure with right now?*
- *If so, should we use the Divine Decree of Forgiveness to help resolve what remains? Yes or No?*
- *If not, what wants to happen next to come to closure with this unfinished business?*

- The answers to these questions are being channeled by my client or are coming to me through first thought/first feeling/first image/first voice.

If the Intruder is an Earthbound Spirit or Negative Entity, I'll ask:

- *Is the Intruder still present within my client's energy field?*
- *Are there any other non-karmic issues related to this Intruder that need to be addressed now for my client's highest good before we send this energy into the Light?*
- *Client, do you want this Intruder to affect you any longer? Yes or No?*
- *Then speak your truth through your Heart to that Intruder right now and tell him that it is time for him to leave.*
- I ask Archangel Michael and his Angels of the White Light to join us now with words like "We're here."
- We ask at the count of three for the Angels of the White Light to escort this Earthbound Spirit/Intruder into the Light or back where it came from and to never return to affect my client in the future.
- Client, I ask you to watch the Intruder as he leaves to make sure he goes into the Light or back where he came from.
- 1 – 2 – 3 – Go NOW!
- *Client, has the Intruder left?*

Clean-Up Teams of Light

In the name of the Light, I call on the Cleanup Teams of Light. Move deep inside, clean and cleanse every cell of her physical body, every aspect of her mental, emotional, etheric and higher bodies, every chakra level, every compartment of mind, every track of emotion. Lift the residues left by the others who were violating her space.

Disconnect any last threads of consciousness from any other being into her being. Remove any accumulated sludge left behind, anything that is not purely of her own being. She has the right to her own sovereign space, to move forward on her own chosen path in this life and future lives. She has the right to be free. As you move through, Cleanup Teams, leave every part filled with Light, In the name of the Light, we thank you.

In the name of the Light, I call on the Physicians of Light to touch in and repair what can be repaired. I call on the Healing Angels of Light to touch in and heal what can be healed appropriately at this time. Pack with a solid salve of Light all those places which have been cleared and healed this day. I call on the Perfect Physician to restore the perfect pattern of body, mind and spirit.

Now I ask the Healing Angels to fill (her) with healing Light in those areas just vacated by the ones who have departed. I ask the Healing Angels to make the Healing Light a sealing Light of a permanent nature.

I also ask that some of the Healing Angels, as many as are needed, remain with (her) until the healing is complete. (Sometimes, you can call in spirit doctors, surgeons, whatever is needed as well.)

I ask the Band of Mercy to send a Holy Spirit of Healing into the aura of (client) and cleanse it.

I also ask that some of St. Michael's Forces remain with (her) so that they can capture any darkness that may try to enter during the healing process.

I call on Divine Mother to enfold this one in Light and love. Touch into the pure Heart of this one, restore the beauty of this one's sweet being, the essence of this child of God.

Going to a Special Place or Sanctuary

- Now that we've had some success and helping the client come to closure with the issues that she's brought to the session, I invite her *to imagine a Special Place or Sanctuary*.
- This Sanctuary is where she feels safe and protected. My hope is that she can easily go there in her imagination in the coming days and weeks and reconnect with the members of her Wisdom Team.
- I ask her to *go to that place and describe it to me now*.
- *Oh I'm sitting in the meadow beneath an oak tree on a beautiful spring day feeling safe and protected. The mountains are to my left the ocean is to my right.*
- *As you're sitting in your sanctuary feeling safe -- let's invite your Heart to join you. How does your Heart now make itself known to you?*
- Well, we have working with your Heart for the last hour and 15 minutes so it should be easy to describe it to me -- How do you see it, sense it or feel it NOW?
- Let's invite your Higher Self to join us now. How do you experience your Higher Self's energy in your Sanctuary?
- Would you like Archangel Michael to be part of your Inner Wisdom Team? If so, where is he standing in relation to your Heart and Higher Self?
- What about Lady Master Quan Yin? Where is she?
- Is there anyone else you would like to have present as part of your team? If so, where are they located in relation to you?

How Have We Helped My Client Today?

- I then ask for a spokesperson to come forth from the client's Inner Wisdom Team and answer this question: *How have we helped my client today?*
- *And I invite that spokesperson to announce his or her presence with words like, I'm here. What name may we call you?*
- *How have we helped my client during our session today?*
- I write down each of the accomplishments mentioned by the spokesperson.

An Overall Message from the IWT to My Client

- I then ask for a spokesperson to come forth with an overall message for my client from her Inner Wisdom Team.
- Who shows up now with words like, *I'm here?*
- Thank you for coming.
- What name may we call you?
- *What is your overall message for my client from her Inner Wisdom Team?*
- I write that down as well.
- I then tell the client that by visiting this place regularly, she can build a stronger relationship with her Inner Wisdom Team and get answers she can trust about next steps in her life.

After the Session

- I send an email to the client with a link to the recording of the Session.
- I encourage her to listen to this MP3 to take off additional layers of thoughts, feelings, attitudes and beliefs that no longer serve her.
- Plus I include a link to my *Higher Self Shortcut*, a guided visualization MP3 with my voice and Hypnotic music in the background that leads the client into Hypnosis and on up into the Light into the 5th Dimension.
- I invite her to use this *Higher Self Shortcut* as training wheels to return to her Sanctuary and reconnect with her Inner Wisdom Team.
- **My goal is for her to seek ongoing guidance from her Team daily or whenever she chooses to help her move forward in her life.**
- I also include a number of helpful handouts with that email on how best to work with the Inner Wisdom Team, the 21 Essential Angels, how to Manifest what you want in your life and other useful resources.

A Follow-up Meeting to Process and Integrate Your Hypnotherapy Session

- About a week or so later, the client and I meet by phone, Zoom or Skype for about an hour.
- During this Follow-up Session, we *review the Goals* that we initially set at the start of the Hypnotherapy Session. Then I ask her, *What has shifted? What hasn't? What have you been thinking about?*
- *Have there been any synchronicities? Have you listened to the recording of the session? Have you any questions?*
- I then go through my notes – taking the client step by step through the session – describing what I was doing and why and responding to any questions along the way.
- My goal is to help the client process and integrate all that occurred. This step connects the dots and allows the client to get even more benefits from the Hypnotherapy session.
- We'll then talk about her Sanctuary and I'll inquire how things are going reconnecting with her Inner Wisdom Team on her own. We can practice making that connection stronger, if need be.
- I then go through a variety of handouts that I emailed to the client at the close of the two-hour session. I review each one with the client since they are filled with helpful information. In particular, I focus on how best to use the Higher Self Shortcut to reconnect with her Inner Wisdom Team and get even more answers on a daily basis or whenever she chooses about next steps in her life.

I Offer Short-Term Therapy to Clients

- At the very end of that Follow-up Session, we discuss the possibility of another two-hour Hypnotherapy session to pick up where we left off with the help of her Inner Wisdom Team. This will include another Follow-up Session as well.
- Or we can get together if the client wants to work on a particular issue in partnership with her Inner Wisdom Team so she can gain even more results. This would be a two-hour Hypnotherapy session and a one-hour Follow-up.
- My hope is that the client will continue to work with her Inner Wisdom Team – getting answers about next steps in her life.
- But I am always available to offer assistance and as a resource to my clients.

Examples Drawn from Three Client Sessions

Bob's Client Session

Presenting Issues

Bob was curious about his past life experiences and wanted to know how he could keep evolving in his present life.

Up in the Light

He described being in a Golden Light. I'm surrounded by beings. Everyone is happy and we are enveloped in love.

My Heart comes forth

I feel my Heart's loving energy in my mind.

Purpose of the Heart: I reinforce the love that Bob has and point out the things that he needs to be grateful for.

My Higher Self

It's who I am.

Purpose of Bob's Higher Self: I keep him on the path. I help him believe and trust his intuition.

In the Magic Mirror of Truth, Bob saw a golden light above his head and a picture of a smiling face.

We asked that energy to join us.

I'm here.

I'm a part of Bob. I remind him of the light and love that Bob shines on the world. I protect him.

We named this positive resource *Bob's Inner Soul* and we asked it to join Bob's Heart and Higher Self as part of his Inner Wisdom Team. We also asked it to serve as a resource for during Bob's meditations in the future.

Next, Archangel Michael joined us and scanned Bob's energy field. He found three intruders present. Their purpose was to prevent his soul from evolving. They were holding him back and causing self-doubt in his life.

Archangel Michael told us that there was a Karmic Contract from an important past life that had allowed them to affect Bob's current lifetime.

We asked Lady Master Quan Yin and the Karmic Board to join us. They told us that we needed to take Bob into that particular lifetime in order to come to closure with the karma from that lifetime.

We discovered in that lifetime that Bob was a shaman whose son was involved in a major battle with another tribe and that his young son was killed.

Bob realized that in order to move forward in his present life, he needed to release his son's spirit and the spirits of all those on both sides who had died in that battle.

And the shaman needed to forgive himself for not being there to protect his son and his people.

The karmic lesson for Bob was: *I have to love myself knowing I did everything I could. This is part of my soul's journey.*

Next Step: We invited all those from both sides who had died in that battle to join us as a group -- together with all their loved ones who had mourned their deaths. Bob told me that hundreds of people showed up together with what he called, the Creator God.

Bob's Heart said the Divine Decree of Forgiveness on behalf of the Creator God and everyone present.

I then asked Bob to report on what had just occurred: He told me that he felt that a heavy burden had been lifted. *My Heart's sorrow has been healed. My son is at peace. There is a sense of peace all around.*

My client looked into the eyes of his son in that life and realized that it is son in his current life today.

Quan Yin and the Karmic Board told us that the Divine Decree had resolved this karmic issue.

Next Archangel Michael escorted into the Light the three Intruders that we discovered had been affecting Bob at the beginning of our session. Bob watched them as they left and went into the Light.

At the end of the session, I asked for a spokesperson from Bob's Inner Wisdom Team to come forth and tell us how we had helped Bob during the session? His Higher Self reported the following results:

- 1) We eliminated the three negative energy sources.
- 2) We took his heart and cleaned it of the sorrows of the planet and of earth and replaced those with gratitude and grace and peace and love.
- 3) We told Bob that his purpose to help the earth and humans and creatures.
- 4) We found a place where Bob can go to enter this meditative state and receive higher knowledge from his Inner Wisdom Team and others from the Light.
- 5) Bob discovered a past life that led to a healing for Bob, the tribe and all others affected.

I then asked for a spokesperson to share an Overall Message with Bob from his Inner Wisdom Team. His Higher Self said, I'm here. He asked Bob to remember this mantra: *I was brought to earth to lead a loving, peaceful and joyful existence -- and most importantly-- to teach others to do the same.*

This harkens back to Bob's goal at the beginning of our session. Bob's intention was to find out what he needed to do to keep evolving in his present lifetime -- in other words

he was told by his Guidance to teach others to lead a loving, peaceful and joyful existence.

Alice's Client Session

Presenting Issues:

- Alice experienced nightly upper stomach pain. Her doctor could not find anything physically wrong.
- She also wanted to connect with her Higher Self and Spirit Guides.
- And she wondered if her ancestors had any messages for her.

Up in the Light

A weightless airy environment

My Heart

It's like a pumping muscle out in front of me.

Purpose of the Heart: I give her feeling. I give her life. I feel her soul.

Alice told me that her Higher Self showed up as a short, cute Asian girl.

Alice's Higher Self told us how it supports Alice:

I *try* to bring awareness to her. I *try* to help her be the best she can be. I'm hard on her sometimes. I raise the bar. I love her.

In the Magic Mirror of Truth, Alice saw an orange-yellow blended energy all around herself. Other energies were behind that image of herself but she couldn't see them.

We asked that orange-yellow blended energy to join us.

I'm here. I'm a part of Alice. I'm her 5th dimension part. I give Alice her soul. I try to support her desires and what she wants to pursue. I look out for her.

I asked her Inner Wisdom Team and Archangel Michael to join us.

We're here.

What should we focus on first? They said the physical pain in Alice's stomach.

We invited the Stomach Pain to come forth and talk with us using words like, "I'm here."

The Stomach Pain told us that it was there to punish Alice. Her life has been too good. She was kind of spoiled.

Her Inner Wisdom Team reported that the cause was from this life and a past life as well. And a karmic agreement was involved.

We invited Quan Yin and the Karmic Board to join us. They told us the cause was Alice's relationship with her ancestors.

Rather than go into the story, Quan Yin indicated that we could simply invite the key players from the ancestral line to join us. Three ancestors showed up from her Dad's side of her family: her grandfather, her great grandfather and her great great grandfather.

These men told us that their burial site in Taiwan had been affected by bad energy. They told Alice that this was not her fault. She had been a good granddaughter but Alice had veered away from respecting her ancestors. They said, "*We are in bad energy now so we are taking Alice's good energy from her -- creating the pain in her stomach.*"

Quan Yin suggested that a Divine Decree could help clear the bad energy. So we invited everyone to join us from the ancestral line. Alice told me that a total of 10 ancestors showed up including three unborn children.

We were also told that we needed to invite any energy that Alice had ever offended either knowingly or unknowingly to join us as well -- plus we needed to invite all physical and non-physical energy that had caused Alice suffering from her current life and past lives. And her Dad and Mom in this life also showed up as well.

Once everyone had arrived, Alice's Heart expressed the Divine Decree of Forgiveness to all those present.

Afterwards, I asked Alice what had shifted? She told me, "This feels wonderful. All those who joined me for the Divine Decree are now ascending, smiling and moving away. I feel like I'm in the clouds."

I then asked for feedback from Quan Yin and Alice's Inner Wisdom Team. They told us, "*Alice is a new person. The burden has been lifted. Her molecules are changing. She has become lighter already. Alice is on the right path now. This is just the beginning of a new start for Alice.*"

And we were told that the pain in Alice's stomach would now heal.

Here's the overall message shared from by Alice's Inner Wisdom Team at the end of the Session:

You should be proud of yourself. You did well today. Stay on the path and don't get sidetracked by a busy life. You are super special. There is so much more for you to learn and we will be there to support you.

In our Follow Up Session a week later, Alice reported that her stomach pains had lessened dramatically and she felt so much more in control of her life.

Joyce's Client Session

Presenting Issues:

Joyce experienced pain in her body due to rheumatoid arthritis. She wanted to come to closure with any contracts and agreements that had caused this health issue.

Joyce brought a number of other issues to be resolved so this client story is just part of what occurred during my two-hour session with Joyce.

I guided Joyce up into the Light and she described being in that higher vibration as: cloud-like with positive beings present all around her.

Her Heart

It's a feeling in my chest.

Purpose of the Heart: I love her. I see her as she really is. I remind her of that. I make her cry when she is touched and moved.

Her Higher Self

It's a knowing energy.

Purpose of Joyce's Higher Self:

I guide her and show her the truth. I lead her and take her by the hand.

In the Magic Mirror of Truth, Joyce saw a Golden White Light of pulsating energy filling about half of the mirror.

We asked that energy to join us.

I'm here. I'm a part of Joyce. I'm the energy of lightness of being and laughter. I've been with Joyce forever.

We asked this resource for a name that we might call it and it responded, *Susan*.

I asked her Inner Wisdom Team together with our new resource, Susan, along with Archangel Michael to join us. *We're here*.

What should we focus on? They said: *Break Joyce's karmic contracts*.

We invited Quan Yin and the Karmic Board to join us and they arrived.

Quan Yin told us that 50 agreements from multiple past lives and this life contained themes and patterns that were causing Joyce's rheumatoid arthritis.

So we invited all the key people from these different lifetimes to join us as a group. 20 people showed up. I asked for a spokesperson to come forth from the group with words like, *I'm here*. He called himself Joe.

I asked Joe, "Are you in service to the light and love of the One Infinite Creator?" He said Yes.

Joe told us that the cause of Joyce's rheumatoid arthritis was her ignorance that brought harm to others in so many different lifetimes. What goes around comes around. Joe said that Joyce had gotten away with this ignorance in these past lives but it needed to be resolved right now as an important soul lesson for her to learn in this lifetime.

On behalf of everyone present, Joyce expressed through her Heart the Divine Decree of Forgiveness.

Afterwards, Joe told us that this part of our session was successfully completed. In fact, her Heart reported to us that

At the end of the session, I asked for a spokesperson from Joyce's Inner Wisdom Team to come forth and tell us how we had helped Joyce during the session? Her Heart reported the following results:

- 1) Joyce had experienced a gigantic cleansing of stuck energy. Her energy was not flowing once again.
- 2) We reminded Joyce of who she really is. (I asked them, Who is she?) And they responded: Love.
- 3) We called in those from the past and her condo with them. All those energies that were holding her prisoner have been cleaned out now.
- 4) And we brought in the light and expanded it within Joyce.

I then asked for a spokesperson to share an Overall Message with Joyce from his Inner Wisdom Team. Quan Yin said, I'm here.

Here is Quan Yin's message to Joyce:

Remember who you are in truth and come to us and sit in this special Sanctuary so we can communicate with you more often. We are here for you always. So remember that and let's talk. Also you were making great progress in the evolution of your soul and the progress of the planet. As you move forward you will help everyone else move forward around you. Your light is expanding two others. Forgiveness is happening and the truth is there for you in every moment.

In our hour-long Follow-Up Session a week later Joyce reported that three days after the session the rheumatoid arthritis was dissipating and that she could at last easily open up jars and cans with her hands. Plus she could walk much further now without pain.

I'd like to bring my Presentation to a close. I look forward to responding to any Questions or Comments from those present.

Thank you for joining me today for this presentation: *A Metaphysical Approach to Resolving Hidden Karmic Agreements From Past Lives and This Life.*

I hope you found it to be helpful. As I mentioned, you will find a link to download a free PDF version of this entire presentation – including several additional protocols on the IBRT website (www.ibrt.org).

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Several Divine Decrees for You to Use with Clients
(Adapted from Catherine Ponder and Others)
(as of 1/23/22)

If the issue involves other people/family members with karmic issues:

I ask you to repeat after me the words that follow and say them with as much heartfelt feeling as possible:

THE CHRIST IN ME – and then add your name – FORGIVES YOU for all your actions in thought, word, or deed in this and all lifetimes.

Repeat after me the words that follow and again say them with as much heartfelt feeling as possible:

THE CHRIST IN YOU – say the other person's name – FORGIVES ME -- for all my actions in thought, word, or deed in this and all lifetimes.

And now repeat this after me – again with a great deal of true feeling and emotion:

And we all release this (pause) through all lifetimes (pause), through all parallel lives (pause), and all dimensions, throughout time and space and all aspects of self to zero negative infinity now. (Tibetan bell chime)

And finally, repeat this after me – again with a great deal of true feeling and emotion:

And we both move on to our Higher Good. And so it is.

Me

I ask through all of our Masters, Teachers and Guides from the Highest Light to assist in correcting all that we have done today to Divine Truth and Divine Perfection now. (Tibetan bell chime)

I now call upon all of the angels, all of the helpers, guides, spirit beings, nature divas and the company of Heaven that the Divine Plan for your life -- and for your body -- now be done this moment!!! (Tibetan bell chime)

These Divine Decrees now enable your body and your life to re-pattern itself for your Highest Good. Feel yourself shifting to the highest possible health, and the issues that you focused on here are re-ordering themselves at this moment to reflect Divine Truth, Purpose and Harmony. The very molecules of your body are NOW rearranging themselves so that they are congruent with your NEW desired state of being.

(Tibetan bell chime)

And so it is!

And so now let's give thanks to the Creator of All That Is – or whatever you call the Divine -- to the Ascended Masters and to your Higher Self, to your Guides, Angels and all the Company of Heaven who have assisted us today and who will continue to help you in the days to come.

From this moment forth, you are now seeing the results of these commands improving all areas of your life, your health, your relationships, your prosperity and so much more. (Tibetan bell chime)

If you want to change the lower vibrational reality of the issue that you are focusing on:

I will now give the command to all energy everywhere to change that lower vibrational reality of the issue that we are focusing on:

If you want to change a physical issue:

I also command now that these changes that will soon begin rippling through the field – will now permeate all cells, all organs, all nerves, all bodily systems, all tissues -- to the deepest core of your physical body and manifest in divine right sequence and order according to the highest good!!!

Correct to Divine Perfection now! (Tibetan bell chime)

Correct to Divine Truth now! (Tibetan bell chime)

I ask through the mercy of Quan Yin and my Holy Christ Self along with all our other Masters, Teachers and Guides from the Highest Light to assist in correcting to Divine Truth and Divine Perfection now. (Tibetan bell chime)

Feel these energies shift. Feel the ripple of change going through the field and affecting you in the 3rd dimension. Just know it is happening because we have given the command from the 5th Dimension -- into the 3rd Dimension.

If there are any remaining energies or beliefs connected with these issues that need to be corrected, I now command that they all be released through all lifetimes, all parallel lives, all dimensions, throughout time and space and all aspects of self to zero negative infinity now!!!! (Tibetan bell chime)

Feel this energy move through you. Breathe – Breathe and release. Let go and let the Divine clear and remove everything you do not need for your highest good. It is time.

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