THE NEW REGRESSION THERAPY

EXCERPT FROM CHAPTER TWO

State of the Art 'till Now

Since the 1970s, traditional regression therapy has generally been taught or practiced in the following basic format (Clark):

> • Regress the client back to the cause of the theme or issue; have the client be in that life and make identification with the personality of that life; and have the subconscious take the person to each "significant experience" related to the theme or issue;

> • Next, have the client witness or be in the process, the experiences, and the death (if a past life) and then, using cognitive conscious mind processes, reframe the events, or rescript those events.

> Some therapists may have the client do the processing of events without rescripting. Others teach revisiting the life, events, and death several times until there is no longer any experience of emotional charge.

> • There are variations on this format such as Roger Woolger's approach that facilitates physical/emotional catharsis (Woolger) and William Baldwin's integration of Spirit Releasement Therapy into Regression Therapy. (Baldwin) All of these modalities have contributed to wonderful healings for clients.

How the New Regression Therapy Differs

I have amended the above basic format by deleting the reframing or rescripting element and incorporating the following elements and so *enhancing and broadening the scope and depth of healing:*

1) Applying the Principles of Awareness from Gestalt Therapy

This is done to bring *deepening into the feelings of the events* that are revealed by the subconscious to elicit a more profound experience and insight. This facilitates a deeper release of the emotional charge and allows the consequential egoic orientation (i.e. beliefs) to come into conscious awareness. The use of such expansive awareness tools also helps to open doors of insight to *other* significant events and/or awareness that otherwise may not become available in the traditional regression process.

2) The Use of Inner Plane Communication Between Significant Players

David Quigley originally applied the **Gestalt Dialogue** (developed by Fritz Perls) in altered state or trance state and called it Etheric Plane Communication. (Quigley) I have expanded and extended the use of this tool to a deeper level that fosters deeper forgiveness of the other party in relationship. This expanded tool I call *Inner Plane Communication* or *IPC*. This involves bringing healing to the "other party" in the relationship at a causal level. The client is "bearing witness" to this process as a temporary surrogate for the other party. The other party's healing is processed through the client. As witness/surrogate, the client experiences a profound shift in their own perception in relation to the other party. This tool can be applied to relationships of this life or of past lives.

3) Spiritual Alignment and the Application of Divine Resources and Light

Higher Resources may be brought into the client's experience during a regression session after processing the feelings and critical events of a life. The client is brought into the state of the Higher Resource of the Interlife or another source of Higher Resource is invited in. Higher Resource means a being or energy that is in accord with the Self or the Light of God. It may be the White Light as found in the Interlife, an angelic being of the White Light, Jesus, Buddha, The Heart of Elijah or another True Teacher.

The Higher Resource is brought into the original events just processed. The client (as the personality of that or this life) watches and feels the impact of the presence of the Higher Resource upon those events. This brings about a recontextualization of the egoic misperceptions of those events.

The addition of the presence of Higher Resources replaces the old modality of rescripting or reframing. Reframing and rescripting may seem to be helpful, but really, it is usually only the intrusion of the conscious egoic and rational mind into the once critical events. Reframing and rescripting is an attempt to bring to the cleared or processed events that which the therapist or the client thinks should be the new version of the events. *Replacing this approach with an invocation of some aspect of Divine Presence to the cleared or processed events can be an extraordinary experience for the client.* The impact of this Presence or an aspect of the Light upon the events can often be incomparable and deeply profound. It yields a perception of the events that is true to the Self and thus contributes dramatically to a disappearance of the old egoic fear-based misperception.

Within the context of Higher Resources, I may also often deliberately bring the client into awareness of other stages or places of the Interlife (after death) if the client has been processing a lifetime. I may use various tools to have the client have an enhanced awareness of the period immediately following the death. If the client's personality in that life seems to be stuck in that immediate stage following death, such enhanced awareness may be very critical and significant.

I may direct the client to the Review Period of this Interlife journey. This helps the client experience a soul review of that life's learning and helps the therapist see what energetic signature or themes, issues,

and beliefs still reside (or resided) on the soul as residue from that life that the soul had established be addressed in other lives.

In this context, the Heart of Elijah is often used. He is one who has lived his lives upon the earth plane and now assists those on Earth in search for spiritual and emotional healing. One aspect of his extraordinary presence and work is to bring a reconfiguration to the egoic misperceptions and beliefs in a past life still being harbored in the Review Period after the personality has already passed through the death and the reception into the Light.

4) Remote Work

This term is used to describe the incorporation of both **the New Regression Therapy** and **Spirit Releasement** done through a surrogate, where the subject/client is not physically present. It is a wonderful and exciting way to treat children who may have attachments and past life trauma too difficult for them to revisit in the normal one on one office setting. There are many applications of this tool.

As an adjunct to serving just one client in this manner, the Remote Work can be expanded to the significant others in their world that are impacting the client's life. Relationships with parents of children can be impacted by Remote Regression Therapy or through Remote Inner Plane Communication between the parties. Through the Remote Work, forgiveness and compassion can become the new paradigm for all the lives involved.

5) Additional elements

I also make strong emphasis on the use of the *client's spiritual orientation*. Working within the client's spiritual point of reference and paradigms can only deepen their awareness and processing during the regression.

Spirit Releasement is a very critical element of this work. I am completely convinced that every regression therapist should incorporate this invaluable tool into their kit bag. Without Spirit Releasement, huge red flags will be dismissed and the therapist may waste precious time in a failed effort to resolve issues or concerns of the client when in fact those issues are someone else's entirely!

Finally, great emphasis should be placed on *the therapist's* spiritual orientation - our commitment to our own spiritual and emotional healing. This is the most important aspect of this work. Not only does it facilitate greater healing on the part of clients, who are, after all only a part of ourselves, it also opens one to receive greater instruction on new tools in the moment of the so-called treatment and instructions on how to be so Present as to witness in love the transformation of the client.

This work is truly sacred work, where the great potential is to leave our own trance states behind us and share in the realization of the Self in our clients and ourselves.