

Age Regression

Seven:33

Technically, Mental and Emotional Release® was not designed for Past Life Regression therapy, although it is an excellent technique for doing just that. There are a number of things to keep in mind as you do regression type techniques with Mental and Emotional Release®:

1. **Content is NOT EVER necessary to release negative emotions.** As you do Mental and Emotional Release® with clients, you will release negative emotions on memories that you have no idea about the content.
2. **The client may have better recall if the negative emotion is released prior to recovering the content.** Sometimes a memory may be too confrontational to recover because of the emotion contained in the memory. In this case just release the emotion first.
3. **In releasing a negative emotion, it is always best to release the entire gestalt of the emotion rather than just the emotion on the memory from which you are recovering content.** When letting go of a specific emotion, it is usually best to make sure that you let go of the entire chain of that emotion. Sometimes the negative emotion on a single memory may not fully release until the entire chain is released.
4. **When recovering content, it is important to be non-directive in the questioning.** This means, do not lead the client into your conclusions or your agenda.
5. **In recovering a memory, it is important to get the client to cause.** This is especially true in the case of a negative emotion where the client is not at cause—EG: “They did it to me.” You could ask at this point, “When did you choose for this situation to occur?”
6. **It is appropriate to reframe and guide the client to get them to cause.** It is always appropriate to guide a client in Mental and Emotional Release® to cause.
7. **Remember that the content recovered from a memory is more than likely a metaphor from the unconscious mind for what is going on in the client’s life.** Recovered memory research indicates that our memories for certain events are not “accurate” and can be contaminated by any number of things. So, take any material recovered as a metaphor.
8. **It is important to not interpret the memory for the client—that makes the metaphor yours rather than the client’s.** If the client asks you what the metaphor means, it is best to not answer, but to question the client into understanding.