

**Exercise #21 – Past-Life Regression – (NO DEMO)**

1. Pre-Talk
  - \_\_\_ Educate about Hypnosis and Past-Life Regression
  - \_\_\_ Determine the Type of Regression
  - \_\_\_ Discuss Theories of Past-Lives and Tips for Having a Successful Experience
2. Induction
3. Deepening with VAK and Guided Imagery
4. Testing (Optional)
5. Bridge to Past-Life
6. Force the Impression
7. Explore the Lifetime
8. Explore the Death-Scene
9. InterLife Processing Questions
10. InterLife Processing Gestalt
11. Core Transformation
12. Integration
13. Future Pacing/Suggestion Therapy
14. De-Hypnotize

**Exercise #22 – (NO DEMO)** – Students are welcome to explore more of what occurs after bodily death through the questioning style or series of questions from the Newton materials.