



Practitioner Diploma

**Module Ten**

# | Module Ten

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## Learning Objectives for Module 10

### IN THIS MODULE YOU WILL:

- Gain an understanding of Quantum Physics and how it may relate to therapy
- An understanding of the theory and practice of 'Past Lives' & 'Past Life' Regression.
- Learn about 'The Tunnel Test' and when to use it.

## Beginner's Guide to Selected Quantum Mechanics Phenomena

*“Those who are not shocked when they first come across quantum theory, cannot possibly have understood it”*

-Nils Bohr

*Quantum = The smallest amount of a physical quantity that can exist independently, especially a discrete quantity of electromagnetic radiation. The amount of energy regarded as a unit, i.e., the smallest possible unit of energy.*

### (1) PHOTON TWINS

A quantum of light is called a photon. If two photons become entangled or joined in a certain way, and then separated and sent off in different directions, whatever effect you place upon one photon, will be replicated in the other.

i.e., If you apply a force to one of the photons, causing it to change direction, the other photon will also change direction – even though no force has been applied to the “twin”.

The same is true whether the experiment is carried out in a laboratory, or if the “twins” are sent from a satellite in space back to two different cities on earth.

For many years classical scientists explained this by stating that there must be some means of physical communication between the two, causing one to mimic the other.

However, Einstein's  $E=MC^2$  proves this is a physical impossibility, and yet somehow, they do remain connected or able to affect each other, causing Einstein to refer to this phenomenon as "Spooky Action At A Distance".

"Spooky", because it does not obey the laws of physics, space and time, leading many quantum physicists to postulate that there has to be a 'field', 'ether', or 'plane of existence' beyond the physical world we know, that does not obey physical laws, and yet is still connected to the physical world, and that the communication or interaction takes place at this level.

**Note:** Think about this – quantum particles can somehow influence each other completely independent of space, time, or distance!

## (2) 'DISAPPEARING' PARTICLES

Electrons orbit the nucleus of an atom, rather like the planets in our solar system orbiting our sun, but rather than have a specific ring like orbit, electrons tend to form a cloud, where you're not sure where they are, as if they are everywhere at the same time. However, these electrons also seem to be able to "disappear", to borrow a phrase from Harry Potter.

These electrons, which are quantum particles, can be observed blinking out of existence and then reappearing elsewhere. They do not travel the distance

between the two places, they just disappear from one place and reappear in another.

This would be like mission control on earth telling a satellite to change orbit, either closer to or further away from our planet, but the satellite doesn't need to travel to it's new orbit – it just appears there.

According to the laws of physics this is impossible – yet it happens. Many physicists postulate that these particles are also somehow using the non-physical plane, where the rules of time and space do not apply.

A related phenomenon reveals how sometimes, the same particle seems to be in two different places simultaneously.

All this is quite interesting – until you realise that *these quantum particles are the building blocks of our world – our entire universe.*

It gets stranger still ...

### **(3) THE INFLUENCE OF THE OBSERVER**

When performing what is known as the “Double Slit” experiment, at the quantum level the presence of an observer or measurer influences the experimental result. I.e The experimenter's presence and the physical results of the experiment are inseparable and intertwined.

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According to the laws of Newtonian physics, this is impossible. Yet it happens. And the implications are profound, causing quantum physicists to often refer to this as “metaphysical baggage”, urging students who start questioning to just “shut up and calculate”.

The implication of the “double slit” experiment, is that quantum particles –which are the building blocks of our world and universe - seem to exist as both a particle (ie a solid object) and a wave (ie energy). Or they start off as a wave (energy) but end up at their destination as a particle (solid). And the presence of an observer, or measurer, even seems to influence which form the quantum particles take!

What causes these quantum particles to behave in this way? By what means is the presence of an observer interfering with the quantum particles he or she is observing, causing the quantum particles to take on a specific form?

Here are two of the most most popular theories.

### **(A) WAVE COLLAPSE FUNCTION (COPENHAGEN INTEPRETATION)**

The Wave Collapse Function states that all matter only exists as ‘potential matter’ until someone or something is there to measure or observe it. The moment someone or something is there to measure or ‘observe’ it, it changes from a wave to a particle. From ‘potential matter’ to solid matter.

According to this interpretation, an electron or stream of electrons, if left alone act as waves of energy, or ghost electron clouds, being both everywhere and nowhere. But

the moment we observe them, the wave “collapses” and the electrons become solid particles, hence the name “wave collapse function”.

This means that our physical world or universe only exists as a wave or energy until we attempt to measure it, observe it or look at it, where upon it “collapses”, and becomes solid. An interpretation is that we, each of us, are the ones observing, by our presence, thereby causing the “wave” to change or “collapse” into solid matter, which we then experience as the physical world.

### **(B) MANY WORLDS INTERPRETATION - ALL POSSIBILITIES THEORY**

This one is even more mind-bending. The Many Worlds Interpretation (MWI) says that ALL possible versions of the world we live in do exist but we only experience one version, which we call “real”, our world.

In this case, instead of causing a collapse of the wave function, from energy wave to particle, nothing actually collapses, but when we measure or observe, we somehow step into the timeline of one of the many possible worlds, or versions of the world, and the other possible versions continue to exist ... possibly with other versions of ourselves, experiencing them.

The MWI is a very popular interpretation amongst mainstream physics, fits the maths of quantum physics ... though leaves many people uncomfortable about the idea of there being other versions of themselves, existing in parallel universes!

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## METAPHYSICAL BAGGAGE

The discovery of the behaviour of quantum particles caused major upset to many leading physicists, because it called into question the very nature of reality, of who we are and the world in which we live, hence them referring to it as “metaphysical baggage”.

At the everyday level of classical physics, things do what they are supposed to, according to laws of space and time. At the quantum level they do not. Things are described as unpredictable and “random”. Or are they?

If we think of ourselves as neurobiological beings, and our personalities are no more than the random firing of electrons and neurons in our brain, then we may see the quantum phenomena as being unpredictable and random.

If, however, we think of ourselves as consciousness, beings who can exist independent of physical matter, then another interpretation of the quantum phenomena, is that it is our consciousness interacting with the quantum world, that influences the outcome or result.

In other words, in the Wave Collapse Function, our individual consciousness causes the wave to collapse in a specific way. Or in the Many Worlds Interpretation, our consciousness chooses which version of the world we will experience from all the possibilities.

These ideas also fit in with many ancient esoteric teachings, as well as the more recent Law of Attraction, which has become popular over the past 100 years or so.

Ultimately, it seems how we each interpret quantum phenomenon, will reflect our beliefs – we can almost choose an interpretation, to fit what we want it to, and, at the moment, no-one can either prove or disprove otherwise.

*“I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness. Everything that we talk about, everything that we regard as existing, postulating consciousness.”*

– Max Planck, theoretical physicist who originated quantum theory, which won him the Nobel Prize in Physics in 1918.

### **PRACTICAL RELEVANCE TO YOU WORKING WITH CLIENTS**

As a hypnotherapist, therapist, coach, you are working with a client’s belief system; beliefs will influence how an individual interacts with the world – and possibly even the quantum world.

According to one interpretation, our individual consciousness/belief system will not only determine the choices we make within the world but may also determine which version of the world we create or step into, in the first place, in order to make those choices and have those experiences!

Or in other words ...

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*An individual's beliefs will form their everyday physical world.*

I'll leave you to make up your own mind, but the main point I want you to understand, and why I include this topic, is that there are many, many eminent physicists who believe that the physical world in which we live is formed or influenced by consciousness – thoughts, feelings and beliefs.

If the physical world really does arise from a person's consciousness, consider the impact we are having, when we help someone change their beliefs and hence consciousness ...

Imagine their new thoughts, feelings, emotions, energy, rippling out through the quantum soup of the universe ... forming a 'new' version of the world, reflecting their current beliefs and consciousness back to them ...

### **QUANTUM COMPUTERS**

Some physicists are currently working on computer chips, where the computing takes place at the quantum level, in multiple universes ...

... Imagine the increased computing power, if you not only have one computer chip driving a computer ... you have a multitude of other chips in parallel universes, driving the same computer ...

## An Article About Quantum Mechanics

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Here is an extract from an article by

Arjun Walia <http://www.phoenixisrisen.co.uk/?p=5023>

### COSMIC SCALE EXPLANATION

*... He asks us to imagine a star emitting a photon billions of years ago, heading in the direction of planet Earth. In between, there is a galaxy. As a result of what's known as "gravitational lensing," the light will have to bend around the galaxy in order to reach Earth, so it has to take one of two paths, go left or go right.*

*Billions of years later, if one decides to set up an apparatus to "catch" the photon, the resulting pattern would be (as explained above in the double slit experiment) an interference pattern. This demonstrates that the photon took one way, and it took the other way.*

*One could also choose to "peek" at the incoming photon, setting up a telescope on each side of the galaxy to determine which side the photon took to reach Earth. The very act of measuring or "watching" which way the photon comes in means it can only come in from one side. The pattern will no longer be an interference pattern representing multiple possibilities, but a single clump pattern showing "one" way.*

*What does this mean? It means how we choose to measure “now” affects what direction the photon took billions of years ago. Our choice in the present moment affected what had already happened in the past ....*

*This makes absolutely no sense, which is a common phenomenon when it comes to quantum physics. Regardless of our ability to make sense of it, it’s real.*

*This experiment also suggests that quantum entanglement (which has also been verified, read more about that [here](#)) exists regardless of time. Meaning two bits of matter can actually be entangled, again, in time.*

*Time as we measure it and know it, doesn’t really exist.*

## Metaphysical Hypnosis & Hypnotherapy

*“The day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence.”*

-Nikola Tesla

This is a branch of hypnosis and hypnotherapy dealing with subjects that fall outside of the normal physical ‘sciences.

The word ‘Metaphysics’ comes from Greek and means ‘After Physics’. It was originally coined to describe the next set of books written by Aristotle, after his Physics books. However, it is believed that this was mistranslated to mean ‘Beyond the physical’ and that interpretation and use of the word has remained today.

There are several topics that you may encounter that come under the category of metaphysics. Here are some common areas:

- Past Lives and Past Life Regression.
- The Law of Attraction
- Certain Guided Meditations
- Connecting to your ‘Higher Self’

### **PRACTICAL TIP**

Whatever your personal belief system, it is important to respect the belief system of the client; therefore, a good understanding of these phenomena is essential so that you can handle a session with confidence, should the need arise.

## Past Life Regression - Background Theory

### PAST LIVES – REAL OR IMAGINARY?

Carrying out a Past Life Regression can be a fascinating experience – but are the results genuine? Some people believe it is all complete imagination, made up by the wishes of the participant; others believe that the Past Life scenario is created by the mind, as a psychological, symbolic representation of the inner thoughts, feelings and issues of the participant; others believe that the information is completely genuine.

It is very difficult to say for certain which of these is true, and my own experience seems to suggest that all 3 are possible, depending upon the person concerned and the state of mind before and during the regression experience. Sometimes it does seem like imagination; other times it seems like imagination but with meaning or relevance; and other times it just feels like something downright genuinely profound has just happened.

### WHERE DOES THE INFORMATION COME FROM?

There are a few different points of view on this, but the common viewpoint seems to suggest that the Past Life information either comes from our unconscious or subconscious and has been there all along if only we decided to take a look; or it is stored in the equivalent of a cosmic library that we can access.

In the first instance, the basic premise is that we survive physical death and take all the memories and information with us into the next life. However, these memories and experiences remain hidden from our consciousness unless we go looking for them, or they are somehow triggered or set off in some way.

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This is said to explain why we feel or experience certain things that do not seem to make sense to us consciously – we are unconsciously reacting to thoughts and ideas in our unconscious but feeling the effect in our everyday awareness.

When we undergo Past Life Regression, we can tap into those hidden memories – that information brought forward from the previous lives – and bring it into our conscious mind.

This then often helps us understand why we think, feel and act the way we do, and can also help us break free of old feelings and limiting behaviours, through the process of abreaction – the same as a ‘this life’ memory.

The information may be stored in our unconscious mind – or perhaps encoded in our genes, or as part of our emotional energy body.

Whichever way we believe the information is stored; this whole idea still works on the premise that it is something from the past brought into the present.

But is it ...?

### **‘PAST’ LIVES OR ‘OTHER’ LIVES?**

There is another way of thinking, which may involve a big stretch of the imagination for some people but does also explain a lot of the paradoxes that can’t be explained by traditional ideas.

This is based around the idea that there is no such thing as a ‘Past’ Life – only ‘Other’ lives.

When we talk about Past Life Regression, this presupposes that all Past Lives are in the past. The traditional view implies that we live a life on earth – then we die and leave our bodies – and at some point, are reborn again, into a new life, with a new body and whole new set of experiences.

Some people believe that we jump straight from the death of one body to be immediately born into the next with no gaps in between; others believe that there is a period of learning, growth and evaluation between lives and that we are only born into the next life when we are ready and when we choose to do so – choosing our parents and circumstances beforehand as well.

This all implies a continuous timeline, with one life following the next in a nice, orderly manner.

**Past..... Present..... Future**

If this is the case, then people believe that the experiences and actions we take in one lifetime will have a bearing on the next one. i.e., if we do something unsavoury in one life, we get the chance to be punished or make amends for it in the next – which is why many people turn to Past Life Regression looking for answers to life's problems:

*“I must have done something bad in a past life”, etc.,*

... and so, the idea of “Karma” comes into play.

Other ideas suggest that if there was something you wanted to do or complete in one life, but it was unfinished, you may carry that desire into your next life, which explains unexplainable passions and interests, etc.

**BUT ... many physicists and philosophers agree that, outside of the space-time continuum, there is no such thing as time.**

Which means that if you do jump into that gap between lives, time does not exist. Which means those lifetimes simply cannot flow one after the other... they are

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all existing at the same time. Which means all of your past lives are still happening... right now.

Which means we may have to think differently about what happens during a past life regression ...

Thinking along these lines, it is entirely possible that your next life could be 200 years in the past.

### **THE BICYCLE WHEEL OF LIVES**

To make it easier to understand this, think of a bicycle wheel with 'YOU – ' your whole self – at the center. Travel down one of the spokes, and at the end you could be in your present life, as you are right now. Travel down a different spoke, and you could be going 500 years in the past. Travel down a different spoke again and you could be tapping into what is 200 years in your future.

From the center of that wheel, you could go to any place and any time – depending upon what you next needed or wanted to experience.

In a genuine Past Life Regression, we could be travelling to the center of that wheel and down another spoke to peek in on one of our other lifetimes. Or that information may be constantly flowing into our current lifetime along the same route, but when we begin a 'Past Life Regression 'it's as if we turn the receiver on to consciously receive it.

If you can begin to think in this way, you will get much more out of your Past Life Regression experiences because you may be able to not only learn from the past – but change it also if you wish.

### **IS THE PAST OPEN-ENDED?**

Many years ago, I had a Past Life Regression where I was a knight in armor. Eventually battling away for no good reason, I suddenly came to my senses in the middle of the battlefield, whereupon I lowered my sword and shield, and met my demise.

About a year before that Past Life Regression experience, I was daydreaming about where some of my emotions were coming from, and I suddenly saw ‘myself’ on a battlefield, fighting away in the middle of a huge and bloody skirmish. In my mind I sent a strong, powerful and very loving thought that it was time to end the struggle. It was time to give up the fight and go home. As I pictured this intently in my mind I saw ‘myself’ lower my weapons and just stop and look around the battlefield, as if suddenly becoming detached from it.

Then it disappeared – and I thought no more about it until one year later when I had the full experience described above.

Could it be that it was me now, tapping into that lifetime, that sent a message to that misguided self to ‘wake up’ and stop the fighting? Could it be that one year later in this life, I then experienced the effect of that in a Past Life Regression – which then set me free in this life?

If the past is dead and finished, this cannot be. But if all time is simultaneous and the past is open-ended – then this makes perfect sense and can also explain many occurrences of a psychic or intuitive nature.

### TO SUMMARIZE ...

If all time is simultaneous, the past may be still occurring. If we do have ‘Past’ Lives they may still be occurring right now. You may be able to use your wisdom from the present, to influence one of your past (other) lives, to set yourself free in the future.

I have gone into detail on this because **I do not wish to encourage the dogma of someone feeling powerless in the present, owing to a problem in a past life – or indeed anything from the past.** Any form of regression is a tool, that is all.

Past Life Regression can provide fascinating and often life-changing experiences, and so can be as equally valid as any other Hypno-Analytical technique.

And IF all time is simultaneous, is there really any difference between a memory from this life or a memory from another life ...?

## Past Life Regression - Practical Notes

A Past Life Regression session typically follows these steps:

1. Introductory Chat.
2. Hypnotic Induction & Deepening.
3. Transition to 'Past' Life Recall.
4. Questioning & Recall.
5. Return to Normal Awareness.
6. Discussion of the Experience.

### INTRODUCTORY CHAT

This is a relaxed and informal chat to ascertain some of the client's ideas and beliefs about Past Lives and to find out why they want a past life regression. Listen in the same way you would with any first-time meeting with a client.

[Just because the client believes or has been told it is a "Past Life" issue doesn't necessarily mean it is – look out for the usual patterns of speech that give away the person's beliefs – but remain open-minded.]

### HYPNOTIC INDUCTION & DEEPENING

This can be any induction method you feel comfortable with. Take your time if need be and aim for a deeply relaxed state...

### TRANSITION TO 'PAST' LIFE RECALL

This is the same as you would do for any type of Hypnotic Regression, only the wording suggests or allows for the recall of 'Past 'Life information. See scripts for details and examples.

### QUESTIONING & RECALL

With a 'Past 'Life Regression, you can sometimes be much more directive than with standard regression techniques, depending on what the client is seeking and how the regression unfolds. However, do use the same 'Fluid Questioning Practices'.

Sometimes the regression will flow smoothly with very little intervention from yourself; other times you may have to prompt with questions and directions.

Here is a list of questions and prompts that you may find useful during an intended 'Past 'Life Regression:

- Are you wearing anything on your feet?
- Do you know what your clothing is like?
- Do you know your name?
- Do you know your age?
- Do you know are you Male/Female?
- Do you know where you are in this place?
- Are there any other people around?
- Do you know your occupation?
- Do you know what year this is? What time period?
- Allow your mind to go to poignant moments – major life events that cause 'turning points 'in this lifetime.
- Notice any meaningful relationships – do you recognize any from your current lifetime?

- Allow your mind to address any unresolved issues – upsets, feelings and emotions that may have carried over from one life to the next and be affecting it in some way.
- Go to the end of this lifetime and become aware of any meaningful final moments.
- Become aware of anything you can learn or bring with you that may be useful nowadays.
- Allow your mind to reveal anything else that is important for you to understand right now.

### **RETURN TO NORMAL AWARENESS**

When the regression has run its course, or you need to wind up the session because of time constraints, instruct the client that it is now time to return their normal everyday awareness to this life, ensuring that they remember and bring back with them, everything that is useful for them to remember. (See script for details).

### **DISCUSSION OF THE EXPERIENCE**

Once the client has fully readjusted to the present, talk through the experience with them. Often, they will have forgotten some points, in the same way we do when waking from a dream. As you remind them, they will recall more information.

Ask them to be aware of any feelings or emotions they went through and consider how ideas in the Past Life experience may relate to their life nowadays.

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## What Can You Expect to Happen?

As with any hypnotic experience the results will vary from person to person.

Typically, your regressions will fall into one of the following categories:

1. Absolutely nothing happens.
2. Vague snapshots or images.
3. Images and scenes that start off vague and become clearer as the regression progresses.
4. Quite a detailed experience, with clear scenes and images, as well as an understanding of feelings and emotions involved, but still detached in some way, like a witness as opposed to a participant.
5. A full-on experience, with the client feeling very 'there', seeing, feeling, experiencing it from the first-person.

Most people are usually around the 3 or 4 categories. People who are excellent hypnotic subjects will usually be in the '5' category. People with a strong amount of fear or resistance, will be more likely to be a '1' or '2 –' but may leap to '5' once you get them past that.

Most people with an open mind will usually have a good experience, but it may take a little while for them to begin expressing what comes to mind, for fear they are making it up.

Just be gently encouraging, using phrases such as,

*“What does it seem is happening?”*

*“Go with it for now, we can always analyze later”*

During the regression itself, it is more important to just get a flow of information flowing than to analyze for fact or fiction. The analyzing can be carried out afterwards.

\*Client Session Videos are available at

<https://members.andrewparrtraining.com/client-session-videos>

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## Past Life Regression Script

The ways and means for triggering past life recall are many and varied and only limited by your imagination. Here a few common methods:

Following an induction and deepener, begin with:

*“In a few moments you will be visiting one of your previous lives. You will be safe and always protected and your mind will only take you to a time and place that is relevant and meaningful to your life now. You can stay relaxed and calm throughout the entire experience.”*

Then you can use any suitable guided imagery. Here are a few examples:

- Create a guided visualisation of walking through a stately home. Describe in detail walking down a corridor that has many doors. Each door leads to a past life. Ask the client to choose a door. When they step through the door, at first there is a mist. Ask them to step into the mist, which then slowly clears. Ask them to look down at their feet and describe what they see. Then ask them to look around or get a feel for where they are.
- Create a guided visualisation of walking through a beautiful garden with many paths. As the client chooses a particular path, it is leading them to experience a previous life. The path leads into a calming and pleasant mist, and as they emerge from the mist on the other side, they will be in one of their previous lives. Ask them to look down at their feet and describe what they see. Then ask them to look around or get a feel for where they are.

- Have the client imagine floating up and out of their body, above the room, above the building, above the town, above the city, above the country, way up above the earth. As they then slowly descend, they will be in a different time and a different place.
- Use the Library Model only this time they are going through the dusty, hidden door at the back, which leads off in a choice of directions.

Or simply a standard regression script but keep it open ...

*“... just go deeper and deeper into that feeling, deeper and deeper into it now, and then allowing your mind ... allowing that feeling ...to take you back in time, back and back in time as if there is no such thing as time, back to wherever it seems to take you back to... wherever that may be ... my voice going with you ... just being there once again ... and when you are ready ... you can easily speak to me ... letting me know what seems to come to mind ... etc.”*

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## The Tunnel Test – Theory

(Adapted by me from Neil French)

### BACKGROUND

This is a guided visualisation that I use now and again, usually if I have some time spare in a session, or as a ‘finishing off’ piece before the client leaves at what may be the final session. However, you can use and adapt it in whichever way you wish.

For example:

- As a ‘test’ at the end of a course of sessions to see where the client is at and ideally give them something positive to take away.
- As a guided visualisation to begin an interactive session where you want the client to start revealing information, without necessarily implying regression or memory recall.
- As a guided visualisation where the client is left to quietly experience whatever they experience.
- In adapted form for anything that you can think of, including regression, past life regression, parts, leaving ‘old’ you behind, stepping out into a ‘new’ you, etc.

You can do any form of induction as the introduction to this; or if you have already been working with the client and they are already in hypnosis you can ask them to clear their mind and then you begin the script; or you can make it less formal and go straight into it, by asking the client to simply close their eyes and you then begin the visualisation.

If you wish to make it interactive, you can. At the appropriate point (see note at end of script) give the client time to gather their thoughts and ask them to reveal whatever they are thinking. Sometimes this will produce very revealing experiences; sometimes, the client will say “I can’t see anything”. More often than not, it reveals something ‘nice’.

If the client has a problem starting, be patient and reassuring:

*That’s OK, take your time.*

*What do you sense?*

*What do you imagine?*

*Are there any feelings or emotions as you do this, etc.?*

Eventually something will come to mind – use it and go with it.

## The Tunnel Test Script

(Adapted by me from Neil French)

[Following suitable induction & deepener ...]

*“I want you to imagine that you are standing on an old, disused railway line.*

*The gravel is there, but the tracks and sleepers are long gone.*

*It is quiet, save for the crunch of the gravel beneath your feet as you walk slowly along.*

*In time, the trackway seems to lead around a corner and as you round that corner you see before you a long tunnel, with the trackway leading into the tunnel.*

*At the far end, you see a small circle of light, which appears to be the opening at the other end. You can see the light at the end of this tunnel, in the far distance, but you cannot see beyond it, from where you are currently standing, looking in.*

*It is warm and you can feel the warmth of the sun on your body...*

*But as you step inside the tunnel, it becomes shady and you feel cooler.*

*You look at your feet as you slowly make your way, step by step, into this tunnel, and when you are about one third of the way in, you look back over your shoulder and see the entrance where you came in.*

*You see the light of the entrance and the trackway beyond that led you into this tunnel and you notice how far you have come already.*

*As you turn your gaze to face forward now, you once again see the exit in the distance, only larger now, as you are closer, but still just a light.*

*Focus on your feet once more as you continue forward, each step crunching the gravel, the temperature getting cooler, the further you venture in.*

*You pause about halfway.*

*Now when you look over your shoulder and see how far you have come, the entrance you have left behind seems smaller, and the path you travelled to get here is more distant.*

*As you look forward, the end of the tunnel now seems closer – the light larger and brighter, but you still cannot see beyond it.*

*You focus on your feet once more as you continue forwards, until you are two thirds of the way in.*

*Now when you look back, where you have come from seems small and distant, but as you look forward, the end of the tunnel seems large and brighter – but what lies beyond is still obscured by a misty light.*

*You continue forwards, noticing your feet, crunching the gravel, one step at a time and suddenly you are standing at the very end of the tunnel. Way behind you, you can just make out the small circle of light that is the entrance, but now, looking forward you see nothing but white, misty light.*

*You pause here – and suddenly get a sense of knowing that you now have a choice. You can turn around and go back and that is fine.*

*But if you choose to go forward, and step out of the tunnel into the light, you will discover something extremely valuable about yourself, something that may change the way you think and feel about yourself forever.*

*The choice is yours; you may return along the tunnel to where you came from or you may proceed. If you choose to return, do it now and let me know by raising a finger on your left hand.*

*If, however, you choose to proceed, do it now. Let me know by raising a finger on your right hand, then step out of the tunnel and into the light.*

*As you do, the tunnel disappears, and you are surrounded by the misty light.*

*Eventually the misty light begins to clear and, consciously or unconsciously, or both, you begin to feel, see or sense something.*

*Trust yourself, go with whatever comes to mind, see where it leads you.”*

[If you are doing this interactively with a client]:

*“Take your time, and when you are ready you can easily speak to me and describe whatever you are experiencing...”*

[If not interactively, tell the client you will be quiet for a short while and then, when a good few minutes have passed, you can ask if they are ready to bring whatever they have learned with them into their current daily life, and then eyes open, end the trance etc.]

## Coursework | Module Ten

1. (a). In the traditional view of Past Lives and Reincarnation what do you understand by the term 'Karma'?
  
- (b). How do you think this may influence the outcome of a session with a client seeking your help who strongly believes in this idea?
  
2. A client books a session with you and says, "My partner and I are having relationship troubles, but he once told me he felt we knew each other in a past life. I'm confused about what to do, can you help me find out if we did know each other?" How do you proceed?
  
3. During a standard regression session, a client seems to spontaneously begin describing scenes and events from a different time period. What do you do? What do you say?
  
- 4 (a). What do you understand by the term Cryptomnesia?
- (b). Give a simple example (real or invented) of how this may be relevant to some Past Life Regression experiences.
  
5. A client experiences what seems to be Past Life Recall. Summarise the various possibilities you believe may have created the experience.
  
6. What can you suggest a client do to gain maximum benefit from any such experience?

7. One therapist declares that most problems come from ‘past’ lives; another states it is all from childhood; another says that neither are relevant, and we should focus on the present and future; yet they all seem able to help people.

How can this be? What is the common denominator that enables them all to be effective in resolving symptoms?

8. *If* the idea that “all time is simultaneous” is true...

- (a) Why does that challenge the traditional theory of Past Lives, Reincarnation & Karma?
- (b) Why would it be more accurate to call ‘Past Lives’, ‘Other’ Lives’?

### **Quantum Mechanics & The Law of Attraction**

9. What do you understand by the term “Quantum Mechanics” (or Quantum Physics)?

10. What do you understand by the term, “The Law of Attraction”?

11. In the two interpretations of Quantum mechanics presented in the notes, one further interpretation is that our consciousness interacts at a quantum level. Or “Your outer world is created by your inner world”. How does this interpretation of quantum theory & The Law of Attraction relate to the Library Model and the Pyramid Model?

12. A very down to earth psychologist says, “Nonsense! We make different choices and that is what brings about different outcomes and allows us to experience the

physical world differently.” How can such a psychologist, a quantum physicist and a metaphysics all be right?

13. Most importantly, how can you use all of this information to reassure a client who declares that the world is against her, there is no way out of her situation, and she may as well just give up and end it all now?

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