

Childhood Regression Techniqiue

FLOW CHART

1 Go Back in Time...

After you identify the age, close your eyes and go back to that time. Pretend you are back in time. Ask questions like the following.

- Where are you?
- What is happening around you?
- Can you see yourself?
- What are you doing?

2 Let's talk to Your Younger Self...

1. Acknowledge: Let the younger self speak freely

- What happened at this time?
- What are you feeling?
- What is your younger self thinking?
- How did you interpret the situation at that time?

2. Address:

- From your adult perspective, how can you see this situation differently or more positively?
- What does your younger self want or need to resolve this issue?
- Imagine you giving your younger self whatever it is to satisfy your soul.

3. Appreciate:

- What are all the good things that have come from this situation?
- Can you see the hand of God in your life here?
- What can you appreciate from this situation?
- Are you able to accept the lessons Heavenly Father has given you from this experience?

If necessary, muscle test essential oils, different feelings etc. to help you identify more possible clues to help jog memory.

Use the essential oils to help soften & open heart.

3 Continue on with Energy Balancing Session

- Release and resolve more energy imbalance. Create affirmations to strengthen new beliefs.
- Conclude with step 10. Record Gratitude For the Perfection & Receive God's Love