

The thing that makes my technique different and unique from other hypnosis methods is that I have found a way to go directly to the Source of all Knowledge. This is a very powerful force that has the answers to all questions, and this is the part that does the instantaneous healing of the body. I call it the "Subconscious" because I did not know what else to call it. But it is not the subconscious as defined by psychiatrists. That is a childish part of the mind, and is the part that is used by hypnotists to work on habits: stop smoking, lose weight, etc. That is not the part we will be working with. If I could define it, I would refer to it as the Higher Self, the Higher Consciousness, the Oversoul. It is so big and so huge that it has the answers and solutions to everything. I call it the "Subconscious" for simplicity, and "they" said, "We don't care what you call us. We will work with you." I have found a simple and easy way to put the client into the deepest possible state of trance: the somnambulistic state, so we can have access to this part. And it will come through everyone in this way. Of course, there are always exceptions to the rule, but I have found the technique to be successful in at least 90% of cases.

使我的技术有别于其它催眠方法的关键在于，我发现了一个直接通往各种知识之源的方法。这是一种非常强大的力量，拥有所有问题的答案，也是实现身体瞬间疗愈的部分。我称其为“潜意识”，因为我不知道还可以怎样称呼它。但它不是心理学家所定义的潜意识。我们心智中孩子气的那部分，是催眠师在处理戒烟、减肥等问题中所使用的部分。那不是我们将要使用的部分。如果我可以定义它，我会认为它与高我、更高意识、超灵有关。它如此广大，如此辽阔，拥有所有问题的答案和解决办法。为了简单起见，我称其为“潜意识”，“它们”说，“我们不介意你如何称呼我们，（重要的是）我们会跟你合作。”我已经找到了一个简单易行的方法，将个案导入有可能达到的最深度的出神状态：梦游状态，所以我们可以利用这个部分。而且这种方法可以在每一个人身上获得成功，当然了，有规律便总会有例外，但我发现，这个技术至少可以达到 90% 的成功率。

I have been involved with hypnosis for over 40 years, and have spent 30 years refining this technique. Thus everything in it has a definite proven reason for doing it, which will be explained during the class. It is also full of safeguards so that the client will not be harmed if these steps are followed.

我从事催眠行业超过 40 年，并且花了 30 年的时间来完善这项技术。因此，该技术中的所有做法都有着确切的、可以证明的理由，我们将会在课堂中讲述这些理由。这项技术中也包含了安全措施，以确保客户被催眠时不会受到伤害。

I normally spend at least three to four hours with each client. Thus I can only do two sessions in a day because of the amount of time spent with each person. This, of course, may not be feasible to other practitioners because they have to see more clients in a day in order to support their practice. But I have found that I can address all of the client's problems (physical, emotional and relationships) in one session and they do not need any more. All I will have

is one session because I may never see the client again. So I have to do intense therapy and counseling, and accomplish everything that is needed in that one session. Thus the interview and preinduction is very important to condition the client's subconscious to cooperate with me. This must be established from the beginning.

我通常在每个客户身上花费 3~4 个小时。所以，由于时间关系，我在一天之内只能实施两次催眠。当然，对于其他催眠师来说，也可能不是这样，因为他们必须在一天之内接待更多的客户，以维持他们的治疗。但我发现，我可以在一次治疗中解决客户所有的问题（身体上，情感上，以及人际关系上），不再需要更多次。我所能有的，只是一次治疗，因为我也许不会再见到我的客户。所以，我必须实施密集性的治疗和咨询，在一次治疗中完成所有需要完成的事情。因此，为了让个案的潜意识跟我合作，交谈和前置性的引导是极为重要的。这种合作必须在一开始就建立起来。

I spend at least two hours interviewing the client. This can become longer if they decide to unload their problems and turn me into "Mother Confessor". Yet this time is important because this is when the trust is established. I do not allow anyone else to be present during the session. They often bring their spouses or close friends with them (especially if they have driven a long distance). But I tell them they will have to find something else to occupy their time, by going somewhere and returning at the approximate time expected for the closure of the session. Or if the house I am staying in has other rooms they can sit in the living room etc. until the session is completed. I do this for specific reasons. No matter how close they are to their spouses or the friend (they often insist they will tell them everything anyway), they have a tendency to hold back if there is someone else in the room. During the interview I want to find out as much as possible about their life, and this includes personal information about their marriage and private life. Things are often revealed that they do not want the other person to know. Besides, when they are in trance many personal and highly emotional subjects may emerge. They often feel embarrassed crying or becoming emotional with me, and I know they would tend to hold back if there was someone else in the room.

我至少会花费 2 个小时的时间与个案交谈。如果他们决定解决他们的问题，并把我当成是“忏悔圣母”，谈话的时间还会更长。然而，这样的交谈时间很重要，因为这是建立信任的时刻。在治疗过程中，我不会允许任何其他人在场。人们通常跟他们的配偶或好友一起来（尤其，如果是他们远道驱车而来的话）。但我会告诉这些同行者，他们必须找点别的事情打发时间，出去逛逛，在治疗差不多结束的时候回来。或者，如果我所在的房子还有其它房间，他们可以坐在里面，直到治疗结束。我这样做是有特殊的原因。无论人们与伴侣或朋友的关系多么密切（他们经常坚持说，他们会告诉对方一切），如果房间里有其他人，人们还是具有隐瞒的倾向。在交谈的过程中，我希望尽可能多的发现他们的生活，包括婚姻和私生活方面的个人信息。事实经常表明，他们不愿意让别人知道这些信息。除

此之外，当他们处于出神状态时，许多个人性和高度情绪化的话题也许会出现。他们对于痛哭和情绪化常常会觉得尴尬。我知道，如果有其他人在场，人们会倾向于隐瞒实情。

The emotions are a very important release and they must be allowed to vent these. This is part of the healing. When the emotion comes through during the session I know we have hit something important, because I have found that emotion cannot be faked. Often they don't know where the emotion is coming from, or why it is affecting them so strongly, but after the session when we discuss it it makes perfect sense and was an important link they were looking for.

情绪是一个非常重要的发泄渠道，必须允许情绪释放出来。这是一种治疗。在交谈和催眠过程中，如果有情绪出现，我知道我们触碰到了关键点，因为我发现情绪是无法假装的。通常人们并不知道情绪从何而来，以及为何情绪会如此强烈的影响他们。但是，当催眠结束之后我们就此进行讨论的时候，这些情绪得到了完美的解释，同时它也是人们一直寻找的重要线索。

THE INTERVIEW

面谈

During the interview I try to establish trust and rapport with the client. Sometimes they will insist they don't have any problems, their life is fine, and they just want the session out of curiosity. Yet the longer we talk, and they realize that I do care about them, they open up and I can find the real reasons for the therapy.

在交谈的过程中，我会尽量同客户建立起信任和默契。有时，人们坚持说他们没有任何问题，他们的生活很好，只是出于好奇才想接受催眠。然而，随着我们交谈的深入，当他们发现我真的很关心他们，他们便敞开了心怀，我也可以为治疗找出真正的原因了。

PREINDUCTION

前置性的引导

From the moment I meet the client I have begun subliminal instructions to the subconscious. This is called the "silent induction" by Milton Erickson. I have already begun to make a deal with the subconscious to cooperate with me, although the subject is unaware of what is taking place. **Detailed examples**

从我遇到客户的那一刻起，我便开始对（其）潜意识进行微妙的引导了。这就是米尔顿·埃里克森（译注：他是世界知名的催眠治疗大师，医学催眠治疗界的领头人，一生致力于探索人类意识和潜意识的本质，并找到了实际有效的干预方法。他在最“不可能”的来访者身上取得的成功，为他赢得了传奇般的荣誉。他改变了心理学界对催眠治疗的认识，将催眠的作用大大扩展。他独创的隐喻技术和以解决方案为中心的治疗理念，开创了全新的心理治疗领域，在实践中取得了巨大的成效。他在心理治疗领域的贡献堪比弗洛伊德在心理学理论上的贡献。）所说的“无声的引导”。我已经开始与其潜意识进行协商，使之与我合作，尽管个案并不知道发生了什么。 **具体案例**

Hypnosis is like magic in the sense that you never know the magician's secrets and he is not about to reveal them. The same is true here. The client does not need to know that something is going on behind the scenes, by the subtle words and phrases used by the hypnotist.

催眠在这个意义上如同魔术一般，你永远无法知道魔术师的秘密，他也不会揭露这些秘密。催眠也是如此。客户不必知道，透过催眠师所使用的微妙的话语，某些事情正在暗中发生着。

THE INDUCTION

引导

I like to do the session with the client lying on a bed, because then they can be totally comfortable and can stretch out with no restrictions. Over the years I have learned there are many parts of the normal accepted induction that are time-consuming and unnecessary. I have learned that much of this can be eliminated, so that the induction takes about ten minutes, less in some cases and about fifteen in more difficult cases. It is very important to tape record all sessions and to give the tape to the client before they leave. I was surprised at how many hypnotists do not record or give the client a tape. They say it does not matter because the client remembers everything. I have found this is not true. At the deeper levels they may think they remember everything, but they do not. They remember only bits and pieces like we do when we awaken from dreams. It is important for them to hear their own voice reporting the events. Often the past life will be so mundane that I think nothing of importance occurred. But the client will later say that one sentence was the key, and the way it was said meant more to them than the entire session. I no longer make copies for myself unless it is something that I think may apply to work I am doing. If something important occurred, then I ask the client if I can have a copy of the tape. I will never use it unless I have their permission. If any information is used in my books I change the names and occupations so their

anonymity is protected. ****Tape and explanation of instructions****

我喜欢让客户躺在床上催眠，因为这会让他们觉得舒服，身体也可以自由伸展。过去那些年中我了解到，在一般常见的引导语中，有许多内容非常耗费时间，并且是不必要的。我了解到，这些内容大部分都可以省略掉，如此一来，引导过程大约需要 10 分钟，有些案例的时间更少，较难催眠的案例大约需要 15 分钟。将整个催眠过程录下来，并把磁带在客户离开前交给他们，这是非常重要的。令我惊讶的是，有那么多催眠师从不录音，也不会把录音交给客户。他们说，这没什么关系，因为客户记住了所有的内容。但我发现，事情不是这样的。客户也许认为，自己在更深层面上记住了所有的一切，然而并没有。他们只记得星星点点的内容，如同我们从梦境中醒来一样。对客户来说，亲耳听到自己的声音讲述事件，这非常重要。通常，前世（的生活）如此平凡，我认为没什么重要的内容。然而，客户事后会说，某一句话很关键，对他们来说，这句话被提起的方式比整个催眠更有意义。我不再为我自己做备份了，除非是我认为有可能用于我研究课题中的内容。如果有重要的内容出现，那么我会询问客户，是否可以备份。只有在客户允许的情况下，我才会使用这些内容。如果有任何资料用于我的书中，我会更改客户的姓名和职业，所以，他们的隐私是受到保护的。****录音以及对指令的解释****

The instance the client closes their eyes they have already begun to go into trance, because you have closed off one of the most important sensory input: sight. They will then become focused on your voice and will follow it. During this stage the monitoring of the body is very important, because you can watch the progress as the body enters the trance state. There are various signs of resistance that will be visible here if the conscious mind is trying to maintain control. The client may think they are ready for the session, yet they may try to maintain control. The conscious mind will attempt to distract them from relaxing and entering the trance state, by focusing their attention on the body. This can be observed and overcome through observation.

当客户闭上眼睛时，他们已经进入了出神状态，因为你关闭了一个最重要的感官输入：视觉。然后他们就会专注于你的声音，并跟随这个声音。在此过程中，留意（客户的）身体（状态）是非常重要的，因为你可以观察到身体进入出神状态的整个过程。如果意识心试图控制，这时会有一些抵触的信号可供观察。也许客户认为自己已经准备好接受催眠，然而，他们或许仍处于试图控制（的状态）。通过关注身体，意识心试图让人们从放松和出神的状态中分心。这一点可以被观察到，并可以通过观察来克服。

****Examples**** Once they see it is safe they will begin to play the game and go under. It is similar to going to sleep at night. (Explain)

****举例****一旦人们发现催眠很安全，他们就会遵守游戏规则，并进入状态。这与晚上进入睡眠状态是很相似的。（解释）

In the beginning stages of the visualization there may at times be resistance to enter a past life (often because of fear that the subject insists they did not know about). ****Examples****

在视觉化阶段的一开始，偶尔，进入前世时可能会遇到抵触（通常是因为，个案对于不了解的事物怀有恐惧）****举例****

These are rare cases (the resistance during induction or upon entry into the past life). I have these more often occur with men, especially businessmen who have control oriented occupations. They often feel they will lose control if they allow themselves to relax and follow instructions. These type require more work in order to break through. (I will discuss the common type first because they are in the majority. Then I will discuss the problem type. Body and Mind diversions.)

这是少数的情况（在引导阶段或进入前世时出现抵触）。我所遇到的这类人通常是男人，尤其是生意人，他们从事的是控制导向型的职业。他们通常觉得，如果允许自己放松，跟随引导，他们将失去控制。这种类型的人需要更多的引导工作，才能够克服抵触。（首先我会讨论一般的情况，因为这样的人占大多数，然后再讨论那些有问题的类型。身体及分心。）

******* Two sample tapes of how and what order questions are asked in a typical past-life regression to move the subject through the lifetime focusing on the important parts. The regression must finalize on the death experience, because this is where most of the problems (physical and mental) in the present lifetime originate from. *********

*******在一个典型的前世回溯中，如何提问并以怎样的顺序提问，以此带领个案回顾整个一生，聚焦于重要的事件，（我们）用两卷录音带记录了这些内容。回溯必须紧扣死亡的过程，因为这里是今生最重要的问题（身体上和心理上的）的根源。*********

REGRESSING TO EVENTS IN THIS LIFETIME

回溯今生的事件

Occasionally the client will want to regress to an event in this lifetime, instead of going into a past life. Maybe they want to find more information that they cannot remember, or relive an event that disturbed them etc. (This is also how I obtain UFO information by keeping the person in this lifetime.)

偶尔，客户会希望回溯今生的某个事件，而不是进入前世。也许他们想找出一些已经遗忘的信息，或是想重新经历某个困扰他们的事件，等等。（我也是通

过让一个人回溯今生而获得了 UFO 的信息)

***Examples of information obtained from this lifetime. Mystery of day of birth, adoption information, suspected child molestation, angry father, etc.) Missing information can be supplied quite easily. If trauma is suspected I have found the best way to uncover it is to take the person to before the event occurred, and approach it from that side. If you try to take them immediately to the event, they will resist because they are consciously afraid of what will be uncovered. So it is approached from the other direction, through the back door.

***从今生获得的信息的例子：出生日的秘密，收养信息，儿童虐待嫌疑，暴躁的父亲，等等。丢失的信息可以相当轻易的获得。如果怀疑（客户内心）有创伤，我发现揭开创伤的最好方式，就是带领这个人来到事件发生之前，从另一边接近事件。如果你试图直接带领他们来到事件之中，他们会有抵触，因为他们的意识心很害怕将被揭露的事情。所以（我们）可以通过后门，从别的方向来接近这个事件。

The client will often display intense emotion with crying, etc. This is a very important release mechanism and acts as a catharsis. They should be allowed to vent for a few minutes before therapy is continued. (This also applies to past lives, because they have often been carrying this unreleased emotion around for hundreds of years. Its release is important to the cure of any illnesses.) If an intense traumatic event is encountered carefully monitor the body signs to see if the client is handling it. If too much fear and anxiety is trying to take over, then remove the client to a position where they can watch the event as an observer rather than a participant. Always remember the subconscious is also monitoring the person. It will not allow harm to come to the body. If things get too tense and the hypnotist does nothing, then the subconscious will take over and wake the person up (just as waking from a nightmare). The person is returned to the conscious state safely (although often shaken up), but the opportunity for therapy has been lost. The hypnotist must always be in control of the situation, and convey this to the client through loving words and suggestions of protection, so they will feel safe.

客户常常会表现得很激动，比如哭泣等等。这是一种非常重要的释放机制，是一种宣泄。在继续治疗之前，客户应该被允许宣泄几分钟的时间。（这也适用于前世，因为人们常常携带着未经释放的情绪，度过几百年的时间。情绪的释放对任何疾病的治疗都是非常重要的。）如果遇到一个剧烈的创伤性事件，则需要仔细的观察身体信号，看看客户是否正在经历这个事件。如果事件中出现太多的恐惧和焦虑，那么引导客户来到这样的位置：他们可以作为观察者来观察这个事件，而不是作为亲历者。永远都要记住，潜意识也正在看护着这个人，它不会允许伤害这个身体的事情发生。如果事件变得过于紧张激烈，而催眠师对此不作为的话，那么潜意识将会接管，唤醒这个人（如同从噩梦中醒来）。这个人安全的返回了显意识状态（尽管常常在发抖），但治疗的机会却已经丧失了。催眠师必

须一直掌控局面，并把关爱的话语和保护性的指令传达给客户，以使他们感觉到安全。

An unusual occurrence can sometimes occur during a reliving of a traumatic death, and should be watched for. (For this reason I do not perform sessions in very dark rooms. A light must be on somewhere.) This is when the body also remembers the event, and causes marks and symptoms to appear on the client's physical body. ****Examples**** This will be explained in the section about removing physical symptoms before the client is awakened. It is not dangerous, and does not last long, but I do not believe in having the client suffer from any discomfort whatsoever. If the subconscious knows I will not allow the client to have any discomfort it will work very effectively with me. In addition to the body sometimes reliving physical marks, it may also carry over the symptoms of the illness leading up to the death, and the person may exhibit these for a few days after the session. This is why it is so important to remove all of this before the client is awakened. Many hypnotists do not realize the importance of this, and the client may suffer unnecessarily.

有时，在回溯一次创伤性死亡的过程中，一种不常见的事情可能会发生，应当加以注意。（为此，我不会在非常昏暗的房间里实施催眠，房间的某个位置必须有灯亮着。）这是考虑到，如果身体也还记得这件事，将会导致客户的身体出现相应的印记和症状。****举例****关于在客户苏醒前移除其身体症状，这一点将会在课程中加以说明。这不会有危险，不会持续很长时间，但我不希望客户感觉到任何的不舒服。如果潜意识知道，我不允许客户有任何不舒服，它便会积极有效的与我合作。有时，除了再生出物理性的印记之外，身体也有可能继续保持着导致死亡的那种病症，客户有可能在治疗结束后的几天内表现出这些症状。这就是为什么在客户苏醒之前清除掉一切是如此重要。许多催眠师没有认识到此举的重要性，客户可能因而遭受不必要的痛苦。

It is important for the hypnotist to maintain control over their own emotions at all times. If something unexpected occurs it must be handled in the gentlest, calmest way possible. Use your common sense to handle any situation. In this sensitive state the client will automatically pick up on the emotions the hypnotist is unconsciously projecting. They are highly sensitive and perceptive. I have had them report on conditions in the room etc. that they could not possibly know about. **IMPORTANT! DO NOT** awaken the person quickly just because of your own discomfort. This is the worst thing you can do under the circumstances. Follow normal procedure.

催眠师从始至终控制好自己情绪，这是很重要的。如果有任何意外的事情出现，必须尽可能用最温和、最平静的方式处理。运用你的常识去处理任何状况。在这种敏感的状态中，客户会不自觉的吸收催眠师无意识传达出来的内容。他们是高度敏感、高度觉知的。我曾经让他们描述房间里的环境等等他们不可能知道的情况。**切记！不要**因为你自己的不舒适而快速的唤醒一个人。这是你在此情况

下所能做的最糟糕的事情。请按照标准程序（操作）。

CONTACT WITH THE SUBCONSCIOUS

连结潜意识

After the subject has entered the past life and all the steps are followed to take them through significant events and eventually the death experience they are moved to the other side where they can view the entire lifetime from that perspective. After they report what was done with the body, then I ask them what lesson was learned from that lifetime, and if there were any people in that life that they know now in their present lifetime. At this point you can explore the spirit side and the life review etc. if that is necessary. After all of this has been followed then I contact the subconscious. ****Example**** This is the most important part of the session because this is where we can get the cures for physical ailments and the understanding of other problems that have not been explained by this point. The subconscious has all the information and its cooperation is essential. Other hypnotists have failed to realize the significance of the subconscious' participation. Most procedures (especially for the resolving of habits: stop smoking, lose weight, etc.) try to dictate the terms to the subconscious in a dictatorial manner. "You will not want to smoke. You will not want to eat certain foods" etc. This does not work as well because I see the subconscious at times as a little child with a particular stubborn streak. I can see it digging in its heels and saying, "Oh, yeah! Make me!" Like any little child it will resist being told what to do. I have found that by asking its cooperation it will work with me in a wonderful manner, as long as I don't overstep its boundaries. If these are violated it will shut back down and will not answer. If it says the information cannot be revealed at this time, I respect that and do not try to force the issue, or communication with it will be terminated. (Add a separate portion about working with habits from what I have discovered.)

当个案已经进入前世，并且已经实施了所有的步骤，带领他们经历了重要的事件和最后的死亡，他们就会被带到“另一边”，从那里的角度回顾自己完整的一生。当客户说他们离开身体之后，我便问他们，那一世学到了什么功课，那一生中是否有什么人是今生认识的。这时，你可以探索灵界，进行人生总结等等——如果有必要的话。当所有这些步骤都完成以后，我便开始连结潜意识。****举例****这是催眠最重要的部分，因为这里是身体上的疾病得以治疗的地方，也是迄今为止那些仍未理解的问题得以理解的地方。潜意识拥有所有的信息，它的合作是本质上的。其他催眠师没有意识到潜意识参与的重要性。大多数程序（尤其是为了破除一些习惯：如戒烟、减肥等等）试图以一种独断的方式给潜意识下指令：“你将不会想吸烟，不会想吃某种食物”等等。这没什么用，因为我发现，

潜意识有时像一个小孩，不太听话。我能够看到它固执己见，说，“噢耶，没门儿！”跟任何小孩一样，它会抵触被告知如何去做。我已经发现，通过请求它的合作，它会以一种美妙的方式跟我合作，只要我不逾越它的界限。如果它的界限被侵犯了，它就会关闭起来，不再回答问题。如果它说，这个信息此时不能批露，而我会尊重这一点，不试图强求答案，否则跟它的交流便会中断。（增加一个单独的小节，关于我发现的处理某些习惯（译注：指酗酒，抽烟等）的内容）

When contact is established with the subconscious I then proceed with the list of questions the subject wanted information about, whether health related, family problems, phobias, allergies, or their purpose in life.

与潜意识的连结建立起来之后，我会按照问题表（个案希望了解的信息）提问，无论是健康方面、家庭问题、恐慌症、过敏症，还是他们的人生目的。

If the main purpose of the session deals with a physical ailment, especially one that is painful (migraines etc.), do not the word "pain". This is important, because any mention of that word only reemphasizes it and gives it power. You ask the subconscious about the "discomfort" that the body has experienced. Use past tense if possible. (This also applies to any pain experienced during the regression. This often is the conscious mind attempting to take control by creating distraction. Give suggestions to alleviate it [touching the troubled spots while applying suggestions etc.], but do not dwell on it.) Always tell the subject if you are going to touch them. The body (or mind) in this state is very sensitive to the hypnotist's use of words.

如果治疗的主要目的是处理身体疾病，尤其是比较痛苦的疾病（如偏头痛），不要提到“痛苦”这个词，这很重要，因为对“痛苦”的任何提及，都只会强化疼痛，并赋予它力量。你可以问问潜意识，身体所感受到的“不舒服”，如果可能的话，使用过去时态。（这也适用于回溯过程中感受到的任何疼痛，通常，这是意识心希望通过制造令人分心的情况，来实施控制。给一些指令来缓解疼痛【给指令的时候，触碰疼痛的部位】，但不要在此逗留过久。）如果你打算触碰个案，一定要告诉他们。在此状态中，身体（或心智）对催眠师所使用的词汇是非常敏感的。

When the list of questions is complete I then ask the subconscious if it has a message for the subject, because they will be able to hear it on the tape. After this is given I then close the session treating the subconscious with the respect it deserves for having helped. (Explain about how one can tell when the subconscious is reached, and how it talks about the subject in the third person, etc.)

当问题提问完毕，我会问潜意识，它是否有什么讯息要带给个案，因为个案会在录音带中听到这个讯息。这个步骤完成之后，我会因为潜意识的协助，而怀着对它应得的敬重之心结束催眠。（此处解释一下，我们如何判断潜意识的出现，

以及潜意识如何以第三方的名义谈论个案，等等。)

I am careful how long the session lasts. I put a 90 minute tape in the recorder, and will keep the client in trance no longer than that. (I do not record the induction, so this is the length of the session. After practice the hypnotist learns how to pace the session with the tape.) This is important, because I found in the early days of my work that if the person is under longer than that, they will be too groggy and disoriented upon awakening. It takes longer to come back to this reality, just as if you had been awakened from a very deep sleep that you were not ready to wake up from.

我很注意催眠的时间长度。我会把一卷 90 分钟的录音带放进录音机中，并尽量保证客户出神的时间不超过 90 分钟。(我不会把引导的过程录下来，所以这(只)是催眠回溯的时间长度。经由练习，催眠师将学会如何通过录音带调整治疗的节奏。)这很重要，因为在催眠工作的早期我就发现，如果个案出神的时间超过 90 分钟，他们醒来之后便会头昏眼花，非常茫然，需要更长的时间才能回到现实中，如同在一个极为深度的睡眠中，你尚未准备醒来，却醒来了一般。

BRINGING THE SUBJECT BACK UP

将个案带回当下

This is a very important part that is often rushed by the hypnotist. First I make sure the subconscious has receded. Then I ask all the different entities or other personalities from the past lives to also recede to their proper places. Then I make sure that all physical and mental symptoms and influences are left in the past to keep them from causing lingering physical effects after the subject has returned to this world. The body also remembers, and I have seen graphic examples of this. ***Examples*** The subject can exhibit physical symptoms for a few days afterward if this step is not followed. They can carry over especially the symptoms exhibited in their death in the other life. This must be removed prior to bringing the subject to consciousness. If the hypnotist feels there was not enough information given in the session to help the subject then suggestions can be given that the subject will gain more information through meditation, asking questions just prior to falling asleep and listening to the answers, or by watching their dreams in the next few nights for clues.

这个部分非常重要，催眠师常常匆忙的结束这一过程。首先，我会确保潜意识已经隐去，然后，我请求前世所有的存在体或其它人格也同样隐去，回到他们适当的地方。之后，我确保所有身体上、心理上的症状及影响都被留在过去，以免个案回到当下后，这些症状和影响仍然引发某些物理效应。(译注：指对个案

今产生影响。)身体是有记忆的,我曾经见过这方面的例子。***举例***如果没有采取这个步骤,之后,个案的身体可能会有几天时间持续出现某些症状,尤其是出现前世死亡时所经历的症状。这些症状必须在个案回到当下之前就被清除掉。如果催眠师感觉,催眠中没有给出足够多的讯息来帮助个案,那么,可以建议个案,通过睡前的冥想来提问并获得答案,或者在接下来几个晚上的梦中寻找线索。

If there is any reason that the hypnotist thinks continued work with the subject is needed, this is the point to plant suggestions for "keywords". These are very powerful and can last for years. Using keywords eliminates time-consuming inductions each time the client is seen. All you have to do is say the keyword (after permission has been given), and you can proceed directly with therapy or investigation. The keyword automatically puts the client back into the trance state.

如果催眠师认为,出于某些原因,有必要连续为个案实施催眠,此时,便需要设置“关键词”了。这些关键词非常有效,可持续数年时间。使用关键词,可以省去每次会见这个客户所需的费时的引导过程,你只需讲出关键词(得到允许之后),然后就可以直接进行治疗或调查研究了。关键词会自动的把客户带入出神状态。

Then I return all of the consciousness and personality of the subject to the body and orient them back completely to the present day and time. Then I bring them back to consciousness slowly. This is another point that is not followed by most hypnotists. They often bring the subject back too fast. This has the effect of being shaken awake suddenly from a deep sleep. It will make the subject dizzy and disoriented. Thus I bring them back slowly by counting to ten with breaks inbetween so they are oriented at each step along the way. ****Examples**** Also with suggestions that they will be wide awake and feeling wonderful. If I know they will have to drive I add the suggestion that they will feel fully alert also.

下一步,我会把个案所有的显意识及人格带回身体中,并引导其完全回到当下时刻。然后,我会缓慢的将其带回显意识状态。这是另一个要点,大多数催眠师并没有这样做,他们通常过快的将个案带回当下。这如同从一个深度的睡眠中突然被摇晃醒来,令个案感觉昏乱和茫然。因此,我会带着间隔数到10,如此一来,他们一步步的被引导着,慢慢的被我带回当下。****举例****我也会给出一些指令,让个案可以完全苏醒,并感觉到舒服。如果我知道他们需要开车,我也会增加某些指令,以便他们开车时可以非常警觉。

When they awaken I always ask how long they think they were under. They consistently reply that it seemed like only about 15 minutes, surely not more than an hour. They are always surprised to realize that two hours have passed. I then explain about the similarity between this type of hypnosis and

general anesthetic where time also stops. It is important for them to know that a block of time has passed so they can reset their biological clock. Otherwise they might be disoriented the rest of the day. I am very careful about these points because I want the person to have a beneficial experience, and I have only their welfare at heart, so great care must be taken to insure their wellbeing.

当他们苏醒之后，我通常会问他们，觉得自己被催眠了多长时间。他们总是回答说，好像只有 15 分钟，肯定不超过 1 个小时。当意识到已经时间过去了 2 个小时之后，他们总是非常惊奇。然后我会向他们说明，这种类型的催眠和全身麻醉有相似之处，全身麻醉也有一种时间停止了的感觉。对他们来说，明白时间已经过去了一大块，那是很重要的，如此一来他们就可以重新调整自己的生物钟。否则，那一天余下的时间里，他们可能会觉得混乱不堪。我很注意这些，因为我希望客户能得到一次有益的（催眠）经历，在我心中，他们的幸福最重要，所以必须非常小心，以确保他们的身心健康。

DISCUSSION AFTER THE SESSION

治疗结束后的讨论

I then ask what they remember about the session. The majority will remember some of the beginning parts and perhaps the last thing that occurred before awakening. The rest may be remembered in snatches like pieces of dreams, but it begins to fade quickly and only major parts may be remembered. I explain that it was like having a dream, except that I was in the dream with them with my faithful tape recorder. They seldom remember anything about the discussion with the subconscious. If they do remember anything it is as though standing to the side listening to themselves talking but not comprehending how it can happen or what is being said.

然后我会询问客户，他们对于整个过程还记得什么。多数人会记得刚开始的一点内容，也许还记得苏醒之前最后的事情。其余内容则如同梦的片段一般，时断时续的忆起，却又迅速的消退，只记得一个大概。我解释说，这很像是做了一场梦，唯一不同的是，我也在梦中陪伴着他们，并用录音机忠实的记录了下来。他们鲜少记得与潜意识之间的对话，如果他们确实还记得的话，那就像是站在一边，听着自己在说话，却不明白这件事如何发生，也不知道自己在说什么。

I discuss the answers we found to the major problems they wanted to explore, and when I am satisfied that they are fully awake and can function in the outside world then they can leave. I tell them not to play the tape in the car while driving home because my voice has a tendency to put them into trance again.

我会同客户讨论他们关心的问题的答案，当我很高兴的发现，客户已经完全清醒，并可以在外界活动时，他们就可以离开了。我会告诉他们，开车回家的时候不要在车上播放录音带，因为我的声音有可能再一次把他们带入出神的状态。

DEVIATIONS FROM THE NORM

规律中的例外

If a difficult subject is encountered that will not (for whatever reason) enter into a scene that can progress through a pastlife, and after using all my bag of tricks (which will be expanded upon in the Level 2 class), I can still use this state for therapy. They have definitely entered an altered state where the subconscious is accessible, so I can work on the problems they were concerned about through positive suggestions. This state must not be wasted. Some hypnotists awaken the subject because they think there is no progress being made. This is not true. They are definitely in an altered state even though the conscious mind is attempting to derail the session. So this state can be used for positive suggestions in their life. Remember: there are no bad subjects, only bad hypnotists. Never blame the subject for your own inexperience, or lack of knowledge of procedure.

如果遇到一个棘手的个案，（无论何种原因）无法进入通往前世的场景中，在我用过所有的技巧后（这些技巧将会在 Level 2 中详细讲述），我还是可以运用这个状态进行治疗。他们很显然已经进入了（意识）转变的状态，潜意识可以被运用，所以我可以通过积极的暗示来处理他们关心的问题。这种状态一定不能白白浪费，有些催眠师因为觉得没有进展而唤醒个案。那是不对的。虽然意识心试图影响催眠过程，但个案毫无疑问已经处于意识转变的状态了。因此这种状态可以用来在他们的生活中（施加）积极的暗示。记住：没有不合格的个案，只有不合格的催眠师。永远不要因为你自己缺乏经验、或不了解操作程序而责怪个案。

any hypnotists nowadays are focusing on spirit possession, spirit releasement, curses, or evil spirits taking over the body. This seems to be a fad, and if it works then I suppose it is good therapy. But I think it could cause unneeded fears. I have never in all my years of working on this found even one case of possession. Of course, the white light of protection that I use in the beginning could be the major factor in keeping negativity away. But at the depth of trance that I work at where I can have access to the subconscious mind, if there was any such problem the subconscious would be the first to tell me about it. It has never happened. ***Give example of case with elemental energy***

如今，许多催眠师关注灵体附身、灵体驱逐、诅咒，或恶灵占据身体（之类的事件）。这似乎成了一种风尚，如果有用，我想这会是一个很好的治疗方法。

但我觉得，这会引发不必要的恐惧。我在催眠师职业生涯的这些年里，甚至从未发现过一个附体的案例。当然，我一开始使用的白光保护是杜绝负面（灵体）的主要因素。但是，在催眠的深度出神中——我可以在此与潜意识连结——如果存在这样的问题，潜意识会第一个告诉我，然而这样的事情却从未发生过。***列举出一些基本能量的例子***

THE MANY LESSONS OF PHYSICAL LIFE

物质生活的功课

Many past-life regressions and memories have been validated by physical proof when the person wants to go to the trouble and time involved in the search. Many of the lives recalled are too ancient to document, but the time involved in this type of research appears wasted when compared to the benefits of the healings themselves. The healing potential of regressions offers much more real satisfaction. Is it really worth the effort to prove the person existed, or to determine the effect that past life has on the present one? To apply the lesson learned and release the paralyzing hold that previous life has on this one.

许多前世的回溯和记忆已经被物质证据确认了——如果此人不麻烦，特意花时间去调查的话。许多回溯的前世太过古老，没有任何记录，但是，与治疗自己所获得的益处相比，进行调查所花费的时间似乎有点浪费了。回溯所蕴含的治疗潜能更加令人满足。努力证实这个人是否存在过，或者确认前世对今生的影响，真的值得吗？运用我们学习到的功课，并在这一生释放前世的能量堵塞，（会更有意义）。

The conclusion drawn from numerous hypnotic regressions is that all entities not only choose to perfect themselves, but they also select a major life theme with which to achieve that perfection. Sometimes there are two or three subthemes as well. You could compare this concept to the choice of a major or minor in college. These themes are carried through all its many incarnations in a variety of environments and lifestyles. As each entity has a choice of theme, each also decides upon the degree of knowledge it wishes to acquire on that theme. Again, comparisons can be drawn to education. While some people might be quite satisfied to graduate from high school, others would be comfortable with nothing less than a Ph.D. Thus the entity can make the life as easy or as hard as they desire in order to learn the lesson of the theme.

从大量的催眠回溯中得出的结论是，所有的存在体不仅选择了让自己趋于完美，也选择了一个主要的生命课题，通过完成这个功课来达到完美。有时，也有两三个次要的课题。你可以将其类比为大学里的主修专业和辅修专业。这些功课贯穿于许多次转世中，（伴随着）各种各样的环境和生活方式。正如每一个存在

体都选择了功课，他们也同样决定了要在那个课题上获得什么样的知识程度。再一次，这可以类比为教育。有些人中学毕业就已经满足了，而有些人读到博士才会甘心。因此，根据他们的愿望，存在体可以（选择）让生活轻松一点，或者艰难一点，以便学到这个功课。

Many times when individuals lose sight of their themes --their inner missions-- they become anxious or even ill. Isn't this the very key to the questions plaguing nearly everyone: Why am I here? What is my purpose?

很多时候，当人们忘记了自己的课题——内在的使命——他们就会感到焦虑，甚至生病。这不正是解答了那几乎折磨所有人的问题吗：我为什么在这里？我的目的是什么？

Meditation is suggested after a careful reading of the list. Everyone will certainly be able to identify their personal theme, and maybe some of their subthemes. Its recognition may contribute significantly to maintenance and restoration of order in their lives.

在仔细阅读下面的内容后，建议进行冥想。毫无疑问，每个人都能确定自己的主要课题，也许还有一些次要课题。识别出自己的课题，将会非常有助于个体生命秩序的维护与修正。

LIFE THEMES

生命课题

Activator -- The focus here is to perform the tasks that others have failed to accomplish. These may be truly gargantuan or quite menial, but the focus is always on getting the job done right. Activators are the turn-around artists or the troubleshooters of the world, the ones who successfully reverse failure. Naturally, these entities are in great demand and so have a tendency to spread themselves too thin. Activators should make every effort to confine their energies to tasks where a genuine opportunity to achieve beneficial change exists.

激活者——这个课题的重点是完成其他人无法完成的任务。这些任务也许非常庞大，也许非常细微，但重点总是让事情顺利进展。激活者是扭转事态的高手，或是解决麻烦的能手，他们是成功逆转失败的人。自然不用说，这些存在体很是抢手，因此在人群中显得非常稀少。激活者应该竭尽所能将他们的能量用于任务中，那里有真正的机会去获得有益的改变。

Aesthetic Pursuits -- Music, drama, crafts, painting, and writing are included in this category. An aesthetic theme is not to be confused with a little

"flair" for one of those enterprises. When an aesthetic theme is present the entity is driven by his or her innate talent. A need to create manifests itself at a young age and dominates the individual's entire life. If the secondary theme is a complementary one, the entity has a long and productive career. If not, the acclaim and privilege the entity receives only leads to dissipation and often tragedy. Examples can be found in the lives of many famous people. The agonized existence of Vincent Van Gogh reflects a very different but equally tragic application of a conflicting secondary theme.

美学追求——音乐、戏剧、工艺品、绘画和写作都属于此类。这一课题不要与公司职员所拥有的一点“资质”相混淆。如果以美学追求为课题，这个存在体会被他（或她）与生俱来的天赋所驱动，创作的需要年纪轻轻时便展露出来，并主宰他（或她）的一生。如果次要课题是补充性的，这个存在体会会有一个长期而多产的职业生涯。如果不是，存在体得到的喝彩和优待只会导致虚耗和悲剧。这种情况可以在许多名人身上发现。文森特·凡高的痛苦生活，便是一个冲突性的次要课题所造就的虽然特别但却同样悲惨的实例。

Analyzer -- Not only does this entity want to know everything, but how it works and why. Analyzers are afraid they will miss something or that some detail will be overlooked. The rest of us learn from their continuing scrutiny of the most minute detail. These entities thrive in scientific or highly technical settings, where their skills are essential. In everyday life situations the challenge is to let go and trust the senses.

分析者——这个存在体不仅想认识一切事物，也想弄清楚是怎么回事，为什么。分析者害怕自己会漏掉某些事物，或忽略某些细节。我们其他人可以从他们不断对最微小细节的持续探索中学习。这些存在体繁荣了科学或高度技术性的领域，在那里，他们的技能很重要。在日常生活的状态下，他们的挑战是（学会）放手，信任感觉。

Banner Carrier -- The first lieutenant of the cause fighter may be found picketing, demonstrating, or possibly lobbying; these entities also fight the battle against injustice. The key to success in achieving this theme is moderation, tact, and discrimination. It is far better for these entities to select one cause and see it through than to scatter their impact among many.

旗手——为某目标而战的先锋斗士，具有监督、游行示威、或游说的倾向。这些存在体也为了反对不公而战。成功完成这个课题的关键在于，温和节制、机智老练，以及明辨是非。对于这些存在体来说，选择一个目标并顺利完成它，远远比在许多事情上分散精力要好得多。

Builder -- These entities are the cornerstones of society, the unsung heroes and heroines of wars and organizations. Good parents are often builders, enabling their children to go on to a much larger canvas. without

these cogs, the wheels would never turn, yet builders rarely receive credit for the accomplishments made possible by their efforts. They need to keep in mind that not all prizes are won on this plane of existence. Often those who get the credit on earth are not perfecting as rapidly as the builders who help to make their accomplishments possible.

筑基者——这些存在体是社会的基石，也是战争和组织机构中的无名英雄。好的父母通常是筑基者，给他们的孩子一张更大的帆，供其远航。没有这些齿轮，车轮永远无法转动，然而，筑基者却鲜少因为自己的努力成果而受到褒奖。他们需要牢记，不是所有的奖励都来自于这个实相层面。通常，在地球上声名显赫的人，并没有筑基者那么快达到完美——正是筑基者的帮助，才使他们的成就变得可能。

Catalyst -- Here are the thinkers and innovators, those agents of action who make things happen. Catalysts are the classroom stars whom everyone aspires to be, the ones invited to parties to ensure excitement. Catalysts are essential to society for their innovations. Catalysts generally have boundless energy and actually appear to thrive on stress. They must have an arena in which to perform or they become morose and counterproductive.

催化剂——他们是思想者和创新者，是促使事情发生的行动派。催化剂是人人都渴望成为的课堂明星，是聚会欢迎的搞笑高手。催化剂的创新能力对社会很重要，一般来说，他们精力充沛，也确实在压力中游刃有余。他们必须有施展的舞台，否则就会变得很郁闷，造成不良的后果。

Cause Fighter -- The number of causes is infinite -- peace, whales, hunger, and so on -- and the cause fighter will either be drawn to them or will create more. These entities fulfill an important function by speaking for others who are perhaps too absorbed with their own themes to address social issues. Cause fighters have a tendency toward impulsiveness that can place themselves and others in jeopardy. It is essential that cause fighters consider the possibility that the cause itself is minimal compared to their ego involvement.

理想斗士——目标有无穷多个——和平、鲸鱼、饥饿等等。理想斗士要么被这些目标所吸引，要么去创造别的目标。这些存在体通过对那些过于关注自身问题、而不关心社会问题的人讲话，而履行着重要的职能。理想斗士容易冲动，这种冲动有可能将其自身和他人置于危险的境地。对于理想斗士来说，重要的是考虑这种可能性：相对于他们小我的参与程度（译注：指出于名利的动机）来说，理想本身只是很小的一部分。

Controller -- The challenge of this entity is obvious. Napoleon and Hitler were typical examples of this theme manifested in its most negative sense. The controller feels compelled to not only run the broad overall show but to

dictate to others how they must perform the smallest detail of their lives. In order to perfect, these entities must learn self-control.

控制者——这类存在体的挑战是很明显的。拿破仑和希特勒是典型的以极端负面的方式展示这种课题的例子。控制者有一种强迫性的需要：不仅要掌控大局，也要在最细微的生活层面上控制别人。为了演进到完美的状态，这类存在体必须学会控制自己。

Emotionality -- Not only the highs and lows but every subtle nuance of emotion will be felt by these entities. Frequently, emotionality is a secondary theme of poets and artists. As such, it will indeed enhance creativity while imposing a severe challenge. The recognition of a need for balance is all-essential here, as is the establishment of self-control.

感性——不仅情感的高低起伏，甚至连最细微的情绪波动也能被这类存在体感知到。感性常常是诗人和艺术家的次要课题。就这一点而言，感性虽然带来了严峻的考验，但也确实增强了个体的创造性。这里至关重要，要认识到平衡的必要性，即做到自我控制。

Experiencer -- It's not unusual for this entity to go from flower child to bank president to vagabond touring the world in a self-made boat. Experiencers dabble in nearly everything and master many of their pursuits. Wealth is merely a by-product of a multifaceted experience. Good health is essential to an experiencer; it is important not to jeopardize this by excesses.

体验者——对这类存在体来说，从嬉皮士变成银行总裁，再乘一艘自造的小船周游世界，这种情况并不奇怪。体验者几乎涉足一切，并精通于许多事务。钱财只是他们多重体验的副产品罢了。对体验者来说，良好的健康至关重要，不要因为极端的体验而危害健康。

Fallibility -- These entities appear to be always at the wrong place at the wrong time, for they have entered life with a physical, mental, or emotional handicap. Helen Keller, who as an infant contracted a fever that left her deaf and blind, is an excellent example. Her triumph over these handicaps is an inspiration to everyone. It is important for entities with a fallibility theme to remember that they chose this path in order to set an example for the rest of us.

缺陷——这些存在体好像总是呆在错误的时间，错误的地点，因为他们携带着身体上、精神上或情感上的缺陷进入生命。海伦·凯勒——婴儿时因一场高烧而导致了耳聋目盲——就是一个绝佳的案例。她战胜了这些障碍，也因此鼓舞着每一个人。对于有缺陷的存在体来说，重要的是要记得，是他们自己选择了这条路，以便为我们其他人做出榜样。

Follower -- Initially, these entities might have preferred to be leaders, but on some level they decided not to make the necessary commitment. The challenge of the follower is to realize that leadership is impossible without them and so recognize their own importance. Perfection comes from accepting the self- chosen theme and providing the leader with the best support possible. Discrimination is essential here in deciding exactly who and what to follow.

追随者——起初，这些存在体也许更愿意做领导者，但是，在某个层面上，他们决定不去承担必要的责任。追随者的挑战是认识到，没有他们，所谓的领导能力是不可能的，所以要意识到自己的重要性。（追随者达到）完美在于，接受自己选择的课题，为领导者提供可能的最有力的支持。这里重要的是区别究竟要追随谁，以及追随什么。

Harmony -- Balance remains all-important to these entities, and they will go to any length to maintain it. Their personal sacrifices are admirable up to a point, but the real challenge lies in the acceptance of life's wrinkles. What can't be changed must be adapted and accepted.

协调者——平衡对这类存在体来说是最重要的，他们会想尽一切办法维持平衡。他们的个人牺牲在某种程度上令人钦佩，但真正的挑战在于接受生命的褶皱。无法改变的就必须适应和接受。

Healer -- Entities with this theme are naturally drawn to some aspect of the healing professions, physical or mental. The good they do is obvious. The only danger is that they can easily become too empathetic. It is essential that those with a healer theme pace themselves so that they avoid burnout.

治疗者——这类存在体会很自然的被吸引到某种治疗职业中，无论是身体上还是心理上的。他们所做的贡献显而易见。唯一的危险是他们过于富有同理心。对这类人来说，调整自己很重要，以避免让自己精疲力竭。

Humanitarian -- While cause fighters and banner carriers cry out against the wrongs committed by and against mankind, the humanitarian theme takes these entities into the action itself. Humanitarians are too busy bandaging, teaching, holding, building, and so on, to have time for protests. Those in this category aren't much concerned with the concept of evil and they are inclined to excuse mankind for its faults. Since humanitarians rarely stop with family and friends, reaching far beyond to anyone and everyone who touches them, they are in danger of over-extending themselves. The challenge for the humanitarian is to avoid physical burnout through self-love and nourishment.

人道主义者——理想斗士和旗手大声疾呼，反对人类所犯的错误，以及对人类犯的错误，而人道主义者将之付诸行动。他们过于忙于包扎、教导、支持、修建等等活动，没有时间去抗议。这类人不太关心罪恶的概念，倾向于宽恕人类的

过错。因为人道主义者很少在家庭和朋友中驻足，他们向外接触任何、以及一切触动到他们的人，（因而）很容易过度扩张自己。人道主义者的挑战在于通过自爱和营养来避免对身体的损耗。

Infallibility -- These entities are born rich, handsome, attractive, witty, and so forth. When we consider that perfection is the universal goal, this theme becomes one of the most challenging. There is often a tendency toward excesses of all kinds. It is almost as though the entity wants to tempt fate. Curiously, there may often be a lack of self-esteem that causes the entity to fear that he or she is not lovable as an individual. The goal here is to truly accept the theme and learn to live with it.

完美——这类存在体生来富足、英俊、有魅力、聪明机智，等等诸如此类。当我们把完美作为宇宙（演进）的目标时（译注：指一般人演进的目标是从不完美到完美，而完美者本身已经是完美的），这个课题是最具有挑战性的。他们通常倾向于各种各样的放纵行为，几乎就像是想要玩世不恭一样。有意思的是，也许常常是因为缺乏自尊，这个存在体害怕自己作为一个个体是不被喜爱的。这里的目标是真正接受这个课题，并学会忍受。

Intellectuality -- Here is the theme of the professional student. Charles Darwin, who used the knowledge that he acquired through intensive study to experiment, hypothesize, and eventually publish, is an excellent example of one who has perfected this theme. But since knowledge for its own sake is frequently the goal among intellectuals, there is often a danger that the knowledge that has been so ardently sought and painfully acquired will go nowhere.

智性——这是专业学生的课题。查尔斯·达尔文——运用他的知识，透过深入研究、实验、假定，最终发表了他的学说——就是一个很好的完成这个课题的例子。但是，既然知识由于自身原因常常为知识分子所追求，那么通常会有的一个危险则是：满怀热忱、千辛万苦获得的知识最终却毫无用处。

Irritant -- Deliberate fault finders, entities with the theme of irritant are essential to the perfection of others for, in their company, we are forced to learn patience and tolerance. Though it's important not to play into the irritant's innate pessimism, we must also be nonjudgmental. We must remember that irritants are perfecting their themes so that we can perfect ours through them.

挑剔者——故意挑刺的人，这类存在体对其他人的完美起到了重要作用。因为，在跟他们的交往中，我们被迫学会了耐心与宽容。尽管如此，重要的是不掉进他们固有的悲观情绪里，我们也必须做到不主观、不评判。必须要记住，挑剔者正在完成他们的课题，而我们也可以通过他们来完成自己的课题。

Justice -- Many of our founding fathers, concerned as they were with

fairness and equality, are examples of the justice theme in operation. Those with justice as a theme will eagerly give their names when they've witnessed an accident or crime. As admirable as all this sounds, it is essential that these entities use discretion in their choices. Mob violence is another misguided attempt to right a wrong. It is imperative that those with justice as a theme remain God-centered.

正义——我们许多开国元勋——他们以公正平等而著称——就是这类课题的现行典范。如果目击了一次事故或犯罪，这类存在体会非常热心的报名（提供线索）。这一切听起来都很好，重要的是，这类存在体在做选择时应带着审慎与明智。群众暴动是另一种试图纠正错误、然而却误入歧途的尝试。对这类存在体来说，信仰是有很必要的。

Lawfulness -- Practicing or teaching law are obvious choices for these entities, who are almost obsessed by issues of legality. Some of those entities may also be found serving on governing boards. When elevated, these souls keep the world safe and balanced, but they must always be on guard against the possibility of using their power in a self-serving manner.

法制——对这类存在体来说，践行或教导法律是显而易见的选择，他们对法律性的问题近乎痴迷。这类人也有一些服务于某些机构，一旦身居高位，这些灵魂便会维持世界的安全与平衡，然而他们永远都要小心，不以自私自利的方式运用权力。

Leader -- Those who pursue this theme are controlled and premeditated -- rarely innovative. They become leaders in areas that are already established. Their drive is toward success rather than creation. Their challenge is to avoid power trips.

领导者——这一类人是控制型的，他们深谋远虑，但很少具有创新精神。他们在业已建立的地区作为领导者。他们的驱动力是成功，而不是创造。他们的挑战是避免落入权力的陷阱。

Loner -- Though often in the vanguard of society, those with the theme of loner invariably pick occupations or situations in which they are in some way isolated, or set apart from others. Loners are generally happy with themselves but should watch their irritation levels when people come into their space. If each theme recognizes the presence and significance of other themes, the result will be far greater tolerance and understanding in the world and -- eventually -- peace.

孤独者——尽管常常是社会的先驱，这些以孤独为课题的人，却总会选择在某种程度上让他们被孤立、或与他人分离的职业或境况。孤独者一般喜欢自己呆着，当人们进入他们的领地时，那要看他们（双方）的刺激程度了。如果双方都

能意识到对方的存在和重要性，结果将是，世界会变得更加宽容与理解，以及达到——最终的——和平。

Loser -- Entities with a loser theme are extremely negative, though unlike those with fallibility as a theme, they are born without handicaps. Often they have many good points, but choose to ignore them. Though their theme may resemble that of the irritant in the proclivity for constant criticism, they are different in that they invariably place the blame back on "poor me." These entities are prime martyrs, moving from one elaborate soap opera to another. By observing this theme in action, we determine to be more positive. It is important that we not judge the people who have this theme, remembering that their patterns were chosen to enable us to perfect ourselves.

失败者——拥有这类课题的存在者相当消极、负面，尽管跟以缺陷为课题的人不同，他们出生时并无残障。他们通常拥有很多优点，但却选择性的忽视了这些优点。他们的课题也许跟挑剔者那不断批评的嗜好有些相似，但不同之处在于，他们所责难的人总是——“可鄙的自己”。这些存在体饱受痛苦的煎熬，身处一个又一个精心炮制的肥皂剧中。但是，透过观察他们的行为，我们决定让自己变得更加积极、正面。很重要的一点是，不要去评判这一类人，记住，他们所选择的模式可以让我们完善自身。

Manipulator -- This is one of the most powerful themes, for manipulators are easily able to control situations as well as people. By viewing people and situations as a chessboard, those with a manipulator theme can move people and circumstance to their advantage, as though they were pawns. When such a person works for the good of others, this theme is elevated to its highest uprose. When the theme is misused, the ultimate goal of perfection takes a long time to achieve.

操纵者——这是最富挑战性的课题之一，因为操纵者很容易掌控局面，以及人们。他们把人和事当成棋盘，这类人可以为了自己的好处而调动他人和环境——如同对待棋子一般。当这样的人为大众的利益奔走时，这个课题就被提升到了最高的层面。当这个课题被误用时，要达到完美的最终目标需要花费很长的时间。

Passivity -- Surprisingly, entities with a passivity theme are actually active -- but about nothing. Though they will at times take stands on issues, it is always in a nonviolent manner. Although any extreme is hurtful to the individual, some tension may be needed in order to bring about the perfection of the soul.

消极被动——出乎意料的是，这类存在体实际上很积极——只是不对应任何事。尽管他们有时也会坚持某些主张，但总是以非暴力的形式。尽管任何形式的极端都对个体有害，但为了达到灵魂的完美，一定程度的紧张也许是必须的。

Patience -- The patience theme is clearly one of the most difficult paths to perfection. Those with this theme seem to desire a more rapid attainment of perfection than entities with less challenging themes. Often, they carry great amounts of guilt when they feel that they have strayed from their goal and become impatient. This attitude can lead to self-abasement and, sometimes, to suppressed anger. These entities must be lenient with themselves, for living through the circumstances they have chosen to express this theme is difficult enough.

耐心——很显然，耐心这个课题是通往完美的最艰难的路径之一。选择以耐心为课题的人，似乎比选择较容易的课题的人，更加渴望快速达到完美(的状态)。通常，当他们觉得自己偏离了目标，不那么耐心时，就会非常的内疚。这种态度可能会导致妄自菲薄，并且有时，会导致压抑自己的愤怒。这些存在体需要对自己仁慈一些，因为在他们所选择的环境中，展示这个课题本身就已经足够艰难了。

Pawn -- The biblical Judas was the classic example of this theme. Whether the means is negative or positive, pawns trigger something of great magnitude into being. We cannot evolve toward universal perfection without the pawn, but those entities who select this theme should preserve their dignity by only picking worthy causes.

叛徒——圣经中的犹大就是这类课题的经典人物。无论是正面还是负面的意义，这类人都在我们的生命中引发了某种大地震。若没有他们，我们便无法向宇宙的完美演进，但是这类人应当保持他们的高贵，(就算背叛也)只为值得的理由。

Peacemaker -- Entities who select the theme of peacemaker are not as pacific as the name implies. Peacemakers are actually pushy in their desire for and pursuit of peace. They work endlessly to stop violence and war addressing a larger audience than those who've opted for harmony as a theme. Their goal of peace far exceeds an allegiance to one particular group or country.

和平主义者——这类存在体并非像他们名字所暗示的那样(平和)。事实上，和平主义者在面对他们的渴望以及追求平时，是很有进取心的。他们无休止的工作，以制止暴力和战争，相比于协调者，他们要对更多的听众演讲。他们对于和平的追求，远远超过对某个特殊组织或国家的忠诚。

Performance -- Those with a performance theme find it highly rewarding but frequently exhausting. These entities are the true “party animals.” Some will go into actual entertainment careers, but others will simply be content to entertain in their homes or offices. The challenge here is for those with performance as a theme to combat burn-out by looking within, thus acquiring the ability to nourish and “entertain” themselves.

表演者——这类人发现这个课题会有很高的回报，却常常过于疲劳。他们是真正的“派对动物”。有些人会进入实际的演艺圈，而其他人只是在家里或办公室自娱自乐罢了。这个课题的挑战在于不要耗空自己，通过向内看，获得滋养和“娱乐”自己的能力。

Persecution -- This arduous theme is chosen to allow others to grow spiritually. Entities with a persecution theme live their lives in anticipation of the worst, certain that they are being singled out for persecution. Experiencing pleasure can throw them into a panic because they are convinced that somehow they must pay for it.

受迫害——选择这个艰难的课题是为了他人灵性上的成长。这类人对生活有着最坏的预期，确信他们是被挑选出来的受害者。体验愉悦的事物会让他们恐慌，因为他们确信，说不定自己要为此付出代价。

Persecutor -- Those with a persecutor theme may range from wife beaters and child abusers to mass murderers. It's difficult to see the purpose of this theme within a single lifespan, but these seeming “bad seeds” have a self-chosen role to play that enables mankind to evolve toward perfection. Once again, it is imperative that we not attempt to judge the individual.

加害者——这类人的行为从殴打妻子、虐待儿童到谋杀大众（等等不一而足）。很难仅仅从一生的长度看到这个课题的目的，但这些似乎是“坏种子”的人，在人类趋向完美的演进之路中扮演着恰当的角色。再一次，重要的是，我们不要试图去评判这些人。

Poverty -- The theme of poverty appears most frequently in third-world countries, yet it can be even more of a challenge in affluent societies. Some entities with poverty as a theme may even have all they need to be comfortable and yet feel poor. With progress, the frenzy fades and is slowly replaced by a sense of bliss as the realization comes that the trappings of this world are transitory things whose importance will quickly pass.

贫困——贫困的课题在第三世界国家非常普遍，然而，这个课题在富裕的社会甚至更具挑战性。有些以贫困为课题的存在体，甚至也许拥有足以让他们舒适的一切，却仍然感觉到匮乏。伴随着一步步的成长，当他们体认到，这个世界的外在繁华只是昙花一现、过眼云烟罢了，那时，狂热便会逐渐褪去，慢慢的被祝福所取代。

Psychic -- The theme of psychic is more a challenge than a gift, at least in the early stages. An entity with this theme is able to hear, see, or sense things in a manner beyond that of natural sense perception. Often it comes to those in strict backgrounds where authority figures strive to deny or suppress the gift. Eventually, the entity will learn to accept and live with the ability, using it for

good in a spiritual, if not professional, manner.

灵媒——灵媒的课题更像是一个挑战，而不是礼物，起码在早期时是如此。一个选择灵媒课题的存在体，可以以超出自然感知的方式听到、看到、或感觉到某些事物。通常这一天赋会来到一些背景保守的人身上——在他们的环境中，权威人士极力否定或压制这一天赋。最终，这个存在体将学会接受并适应，以灵性的——如果不是专业的——方式将这一能力用到好处。

Rejection -- This challenging theme manifests itself early, with rejection or alienation experienced in childhood. The syndrome accelerates with entry into school and subsequent involvement in relationships. Often these entities are deserted by those they love -- even their own children will adopt surrogate mother or father figures. The pattern can be broken once the entity recognizes what is happening and surrenders the action and the ego involvement to God.

被遗弃——这个挑战性的课题伴随着童年时遗弃或被疏远的经历，早早的便显露出来。在入学及随后的人际关系中，这种状况更加明显了。通常这些存在体被他们所爱的人遗弃——甚至他们自己的孩子也会过继给养父养母。一旦这个存在体意识到了发生的事情并放弃这个行为，把自己交托给神，这个模式便会被打破。

Rescuer -- One often finds the rescuer working alongside the cause fighter, but when the cause fighter moves on to another cause, the rescuer remains to care for the victim. Even when the victims have obviously created their own problems, the rescuer is determined to "save" them. Often, in so doing, it is the rescuer who is victimized. An entity with a rescuer theme has a high degree of empathy and can manifest strength for those in need. This theme presents a tough road to travel, but the spiritual rewards are great indeed.

救助者——人们经常会发现，救助者站在理想斗士身旁工作，但是，当理想斗士转换到另一个目标的时候，救助者仍然在照顾着这个受害人。甚至当受害人明显自己创造了自己的问题时，救助者还是决心“救助”他们。通常，在这样的行为中，救助者本身才是受害者。这类存在体高度具有同情心，可以为需要帮助的人提供力量。这样的课题所展示的是一条艰苦的道路，但灵性上的收获确实很大。

Responsibility -- Individuals who have chosen the responsibility theme embrace it with fervor rather than obligation and feel guilty if they don't "chicken soup" everyone who comes into their orbit. The challenge is to decide what is immediate and necessary and then to stand back and allow others to share in the assumption of responsibilities.

责任——选择责任作为课题的存在体怀着热情来对待责任，而不是义务。如果他们没有为每一个进入他们生活的人煲好“心灵鸡汤”，他们就会觉得内疚。挑

战在于，确定什么是紧急的，什么是必要的，然后退一步，让其他人也可以承担部分责任。

Spirituality --The quest to find a spiritual center may be all-encompassing for entities pursuing a spirituality theme. When the full potential of this theme has been reached, these entities are far-sighted, compassionate, and magnanimous, but while still involved in the search, these entities must guard against being narrow and judgmental in their views.

灵性——对追求灵性的存在体来说，寻找一个灵修中心将是重中之重。当这个课题的全部潜能都被实现的时候，这些存在体富有远见、悲悯、品性高尚。但如果仍在求索的阶段，他们必须提防自己变得狭隘，只从自己的视角进行判断。

Survival -- For any number of reasons, real or imagined, life is a constant struggle for those who've selected a survival theme. At their best in a crisis situation, these souls take a grim view of day-to-day existence. The obvious challenge here is to lighten up.

生存——出于多种原因——真实的或想像的，对以生存为课题的人来说，生活是一种持续的挣扎。从他们应对危机的最好表现来看，这些灵魂对待日常生活是极为冷漠的。这里显然的挑战是启迪（他们的心灵）。

Temperance -- Very probably the entity with a temperance theme is dealing with an addiction of one kind or another. The challenge here is to avoid extremes. Perhaps the entity has conquered the actual addiction but is still dealing with a residue of feelings about it. The key to combating the fanaticism that often characterizes those with temperance as a theme is moderation -- the true meaning of temperance.

克制——非常有可能，以克制为课题的存在体正在处理某种瘾头。这里的挑战是避免走极端。也许这个存在体战胜了实际的瘾头，但仍然在处理残留的感觉。对治这种沉溺——这个词经常被用来描述以克制为课题的人——的关键在于适度而温和，这也是克制的真正含义。

Tolerance -- Entities choosing the tolerance theme must be tolerant about everything -- world affairs, relatives, children, politics, and so forth. The burden is so great that they often will only choose one area to tolerate, remaining very narrow-minded to all the rest. By recognizing their theme, these entities can meet the challenge and so grow more and more magnanimous.

容忍——以容忍为课题的存在体必须忍受一切——国际事务、人际关系、孩童、政治等等，等等。负担如此之大，他们只会选择一个领域去容忍，对待其余则都是采用心胸狭窄的态度。通过认识到自己的极端，这类存在体可以迎接这些挑战，变得越来越大气。

Victim -- These entities have chosen to be sacrificial lambs. By their example -- dramatically displayed by the media -- we are made aware of injustice. President John Kennedy is an example of one pursuing a victim theme -- not merely his means of exit, but his back pain, his family name, and the pressures placed upon him by his parents. Many victims, after having played their parts, may choose to rewrite future scripts by altering their masochistic tendencies.

受害者——这些受害者选择成为牺牲品。通过他们的案例——因媒体的介入而被关注——我们对不公正有了认知。约翰·肯尼迪总统就是这样的一个案例——不仅仅跟他逝去的方式有关，也包括了背痛、姓氏和父母施加的压力。许多受害者在完成他们的角色之后，可能会选择改变自己的受虐倾向，而重新谱写未来的蓝图。

Victimizer -- People's Temple leader Jim Jones was a prime example of the victimizer theme in action. Within the framework of one's own viewpoint within one life, it is almost impossible to see the full purpose of Jones' manifestation of this theme, yet it is obvious that many lives, as well as many life themes, interacted with his. In the tapestry of life, Jones' unique role may have been to focus public attention on cult abuses.

加害者——人民神殿领袖吉姆·琼斯（译注：1978年11月18日，人民神殿教领袖吉姆·琼斯强迫或诱导其 908 名追随者与其一道在琼斯镇的圭亚那（Guyana）丛林内集体服毒死亡，连同较早前他下令杀害前来查访教派活动的国会议员利奥·赖及一队新闻从业员，这惨剧一共导致 918 人死亡。事件震惊国际。）便是一个加害者课题的最好例子。以一个人一生的视角来看，几乎不可能看到琼斯这个课题的整体目的。然而显而易见的是，多个生命，也包括多个生命课题，与他的课题发生了交互作用。在生命的大幕下，琼斯所扮演的独特角色，或许可以唤起公众对于极端宗教的关注。

Warrior -- Entities with a warrior theme are fearless risk-takers who assume a variety of physical challenges. Many go into some form of military service or law enforcement. With humanitarian as a secondary theme, they may be particularly effective. Though it is important to temper aggression, it still remains that without warriors we would be prey to tyrants.

勇士——以勇士为课题的存在体是勇敢的冒险家，他们承担了许多体能上的挑战。许多这样的人进入军队服役，或从事执法性质的工作。如果以人道主义为次要课题，他们也许特别有用。尽管调和他们的攻击性很重要，但若没有勇士，我们将会被暴君所欺凌。

Winner -- Unlike those entities with infallibility as a theme, to whom everything comes easy, winners feel compelled to achieve. They strive to win

with great tenacity, often gambling or entering contests. Perennial optimists, they are always certain that the next deal, the next job, even the next marriage will be the best. No sooner has one deal fallen through than they pick themselves up and go on to what they know will be a winning situation. The challenge for these entities is to take a realistic approach to winning.

胜利者——跟以完美为课题的存在体不同，对那些人来说，一切都来得很容易，而胜利者则不得不通过努力来得到这些。他们不屈不挠的争取胜利，通常会参与赌博或竞赛之类的活动。他们是永远的乐观主义者，总是相信，下一个生意、下一份工作，甚至下一段婚姻将是最好的。他们一旦跌倒便会立即爬起来，继续追求他们认为必将胜利的事业。这类存在体的挑战在于，采用现实的方法来获得成功。

It can be seen that many entities are presented with these various challenges in a single lifetime, and once the lesson of the theme is learned, they can go on to learn another lesson. Their life path changes according to their understanding.

我们可以看到，在一生之中，许多存在体展现出各式各样的课题，一旦学会了这些功课，他们就可以继续学习另外的功课。他们的生命之路会根据他们的认知而改变。

Some Eastern reincarnationalists believe that reincarnation endlessly evolves through all eternity. This alternate belief is that reincarnation stops for an entity when he or she has learned everything necessary on this planet. Then, if it is desired, the entity may go to other planets and dimensions to learn the different set of lessons that are unique to those places. The pursuit of ultimate perfection can then be continued on the other side, even through assisting some other entity as a spirit guide. The ultimate goal, once perfection is finally attained, is to return to God from which we came. We are but cells in the body of God returning to our source.

东方的一些轮回主义者相信，轮回是无休无止的。但另一种信仰认为，当一个存在体已经在这个星球上学到了必要的一切，轮回便结束了。然后，如果愿意的话，这个存在体可以前往另一个星球和次元，学习那里特有的功课。对于最终完美的追求，便可以在另一个层面上继续展开，甚至以指导灵的身份帮助其他存在体。我们终极的目标——一旦达到最终的完美——便是回归神，那里是我们的来处。我们只是神身上的细胞，回归了自己的本源。

*** The list of Life Themes was taken from the book "My Guide, Myself," by Sylvia Brown.

这一系列生命课题选自西尔维娅·布朗所著的《我的指导，是我自己》一书。

YOUR BODY IS THE SHADOW OF YOUR MIND

你的身体是你心灵的投射

ANEMIA: Not recognizing one's self value; a feeling of weakness.

贫血：没有认识到自我的价值；感觉软弱。

ARTHRITIS: Holding on to something/someone very tightly. Not releasing.

关节炎：紧紧地抓住某人/某事。不放松。

CANCER: Severe hate and/or resentment/anger toward another individual, but not expressing it openly; hate turned inward.

癌症：对他人怀有强烈的厌恶/怨恨/愤怒，但是没有公开表达。憎恨于是转移到体内。

COLDS: Indecisiveness, need to make decision and not doing so; feeling sorry for self and wishing to delay activity. Are over worked and needing to rest.

感冒：犹豫不定，需要做决定而没有做；感到后悔想要拖延行动；工作过度，需要休息。

COLITIS & ELIMINATION PROBLEMS: Over attachment, not releasing situations.

结肠炎及排泄系统疾病：过度执着，不放心

CONSTIPATION: What are you trying to hold onto?

便秘：你想留住什么？

DIARRHEA/FREQUENT URINATION: What are you trying to move quickly from your life?

腹泻/尿频：你想把什么东西快速的从生活中移除？

DIABETES: Lack of sweetness/love in your life.

糖尿病：生活中缺乏甜蜜/爱

DIGESTIVE DISORDERS: What's going on that your not able to "stomach"?

消化系统疾病：你不能“消化”的事情是什么？

ULCERS: What's "eating" you? Allowing others to control you.

溃疡：什么东西正在“蚕食”你？允许别人控制你。

EYE DISORDERS: Inability or refusal to see things as they really are. Not wanting to look at something.

眼睛问题：不能或拒绝看到事情的真相。不想看到什么事情。

HEADACHES: Pressure/stress. May be from past-life trauma.

头痛：压力/紧张。也许是来自于前世的创伤。

HEARING DISORDERS: Inability or refusal to listen or accept what is heard.

Not wanting to hear something.

听力问题：不能（或拒绝）去听（或接受）听到的事情。不想听到某些事情。

HEART ATTACK: Feeling pressured by responsibility; wanting to escape. The heart is the seat of the emotions - Problems with the love life.

心脏病：因责任而感觉到压力，想要逃离。心是感情之所在——感情生活出了问题。

LIVER/KIDNEY DISORDERS: (Rid the body of deadly toxins/poisons) What are you trying to get out of your life? What is poisoning your life?

肝脏/肾脏疾病：（使身体摆脱致命的毒素/毒物）你想在生活中摆脱什么？什么是你生活中的毒药？

BACK PROBLEMS:

后背问题：

LOWER/MIDDLE: (the support system) - Not feeling supported.

背部下面/中间位置：（支撑系统）——感觉不到被支持。

UPPER - NECK & SHOULDER TENSION: Carrying other people's problems; feeling you have the whole world on your shoulders.

背部上面—颈部&肩膀紧张：承担了别人的问题；觉得自己承担了一切。

LUNG DISORDERS (Asthma): Feeling restricted; Feeling smothered by individuals or situations..

肺部疾病（哮喘）：感觉被限制，因某人或某事而觉得窒息。

NERVOUS DISORDERS: Stress, worry.

神经系统疾病：紧张，担忧

PROSTATE DISORDERS (Genital male): Feeling a loss/dysfunction or misuse of power. Sexual problems - not enough or too much. May have taken the vow of celibacy in another life .

前列腺疾病（男性）：觉得失败/垮掉，或者滥用权力。性方面的问题——过少或过多。也许某一世曾许下独身的誓言。

REPRODUCTIVE DISORDERS (Female): (creative center) Not appreciating the feminine expression; guilt and/or fear in expression of the receptive quality.

Not feeling creative. Wanting to have children or feeling guilty for lost pregnancies.

生殖系统问题（女性）：（创造力的中心）不欣赏女性化的表达方式；对于表现接纳性的品质感觉愧疚或恐惧。感觉不到创造力。想要小孩，或对流产有罪恶感。

SINUS PROBLEMS: Pressure applied by self.

静脉窦问题：由自身压力引起

THROAT DISORDERS: Not speaking your truth; holding back. Fear of speaking out

喉部疾病：没有说实话；隐瞒；害怕讲出来。

EXAMPLES

案例

- Allergies to medicine and inability to swallow pills or food.
药物过敏，无法吞咽药物或食物
- Overlapping of dimensions & parallel lives.
多次元&平行生活的重叠
- Lives as animals: Bird, dinosaur and mammoth. Life as air.
作为动物的生活：鸟类、恐龙、猛犸。作为空气的生活。
- Awakening lost knowledge and talents.
醒来时失去了知识和天赋
- Cases of deja vu: Fort Smith and Egypt.
似曾相识的感觉：史密斯堡和埃及

ILLNESSES

疾病

- **Headaches:** tortured by religious judge, condemned as witch. Also deja vu of past happy life. Also clawed by bear, injuries to head.
头痛：被宗教审判所折磨，作为巫师被定罪。也对前世的幸福生活有模糊的记忆。被熊爪伤到头部。
- **Fibroid tumors:** unborn babies. Guilt over abortion.
子宫肌瘤：未出生的婴儿。对流产的罪恶感。

- **Joints & back pain:** torture
关节&背部疼痛：折磨
- **Tumors:** repressed anger
肿瘤：压抑的愤怒
- **Sexual diseases** – herpes/hysterectomy/cysts on ovaries/prostate problems etc.: Sexual misbehavior (a form of self-punishment) or to keep opposite sex away. Also woman with tumors on ovaries: rejection of the female body (hormones). Had been male in many lives. (Also one explanation of homosexuals.)
性疾病：带状疱疹/子宫切除/卵巢囊肿/前列腺问题等等：不正当的性行为（一种自我惩罚的形式）或与异性保持距离。女性子宫肿瘤：拒绝女性身体（荷尔蒙）。在许多世中曾经是男人（这也是对同性恋的一个解释）
- **Obesity:** protection or to keep opposite sex away (usually to keep men away by making themselves less attractive).
肥胖：自我保护，或避开异性（通常是通过让自己变得没有吸引力而避开男性）
- **Man with intestinal problems.**
有肠道问题的男性
- **Doctor with asthma:** Life as native. Also asthma coming from smothering in this life by grandmother.
患哮喘病的医生：作为原住民的生活。哮喘也来自于这一生曾经被祖母扼住喉咙。
- **Allergy cases:** dust and dogs – desert life. Ink, oil, lotion: ate poison plant. Woman had allergy to most foods, there was hardly anything she could eat: Began after her second abortion in this lifetime. Suppressed anger and guilt. She was trying to starve herself as payment for killing her babies. She never forgave herself, and the allergies began and were continuing 30 years later. Although she said she wanted to find the answers, she was really not willing to cooperate. During the session she kept halting the progress by insisting she was not under. She was not ready to forgive herself yet, so the starving wish will continue until she is ready.
过敏案例：粉尘和狗——拒绝生活。墨水、油、洗涤剂：吃过有毒植物。对多数食物过敏的女性，几乎什么都不能吃：今生第二次流产之后开始过敏。压抑的愤怒和愧疚。她企图饿死自己，以此来报复自己杀掉了孩子。她从未宽恕过自己的行为，而过敏也持续了 30 年之久。尽管她说想要找到答案，但并不是真的愿意合作。在治疗期间，她时常声称自己没有进入状态而中断这个过程。她还没准备好宽恕自己，所以挨饿的愿望会一直持续，直到她准备好为止。

- **Infertility caused by death in childbirth.**
由难产而死导致的不孕。
- **Woman with eczema: burned at stake.**
有湿疹的女性：曾被火刑。
- **Diabetes/throat cancer & heart problems:** unhappy marriage (trying to get out.) Also diabetes: lack of sweetness in life. Lack of genuine affection from mother, husband or wife.
糖尿病/咽喉癌/心脏问题：不幸福的婚姻（试图逃离）。另外糖尿病：生活中缺少甜蜜，缺少来自于母亲、丈夫或妻子的真正的感情。
- **Woman with problems in every organ in her body. Almost died three times:** Trying to destroy this body. Does not want to be here. Came from water planet where she was very happy as water creature.
身上每个器官都有问题的女性。几乎死掉三次：试图摧毁这个身体，不想呆在这儿。来自于一个水行星，她在那里作为水生动物非常快乐。
- **Birthmarks that disappear.**
消失的胎记。
- **Several cases of foot, leg or hip pain:** Problems caused by their not going in the right direction, or holding back on what they should be doing.
几个脚部、腿部或臀部疼痛的案例：这是因为他们没有走入正确的（人生）方向，或者在他们应做的事情上踌躇不前。
- **Man with sinus problems:** Didn't want to be here. Liked it better on the other plane. Had lived in other dimensions where he was taught how to create with his mind. Sinus: wanting to breathe thinner air because it reminded him of the other plane.
有静脉窦问题的男性：不想呆在这儿。更喜欢呆在其它星球。曾经生活在其他次元，他在那里被教导如何用心智的力量来创造。静脉窦：想要呼吸更稀薄的气体，因为这会让他回想起另外一个星球。

INDUCTION

引导

If I were to say to you, "see a red bird" - could you see one for me?
See a yellow flower
See a blue car
See a dog and a cat
See a green tree with lots of leaves and the wind blowing through the leaves

要是我对你说，“看到一只红色的鸟”——你能看到它吗？
看到一朵黄色的花
看到一辆蓝色的汽车
看到一只狗，一只猫
看到一棵绿色的树，树上有许多叶子，风从树叶中穿过

This is the part of the mind we will be working with today
This is the part of the mind that has the images and the memories
This is the part of the mind that is active at night when you are sleeping,
because
This is the part that has the pictures and the symbols that we use in our
dreams.
So, this is the part of the mind we will be working with today.

这就是今天我们将与之合作的心智的部分
这是有图像、有记忆的心智的部分
这是你晚上睡觉时活跃的心智的部分，因为这是我们梦中所使用的拥有图像和象征的那部分
所以，这就是今天我们将与之合作的心智的部分

So just for this little while that we do this today, have no problems and no
worries
Time enough for that later. They'll always be there later. Just for this little
while that we do this today, have nothing to worry about
So enjoy the way that feels to not have anything to worry about
And enjoy the way it feels to have relaxation moving through the body
And as the relaxation moves through the body, if there are any tensions
anywhere in the body, they will flow right out -- flow right out.
Let them go -- let them go
We don't need them -- we don't need them
So enjoy the way that feels to not have anything to think about

And enjoy the feeling of relaxation moving through the body

正因为如此，所以，今天我们催眠时，不会有什么问题，不用担心后面的时间还很充足。你的心智一直都在。正因为如此，今天我们催眠时，没什么可担心的

所以，享受这样的感觉吧，不需要担心任何事情

享受身体逐渐放松的感觉

当身体逐渐放松下来，如果任何部位还有紧张，这些紧张会马上流出去——马上流出去

让它们离开——让它们离开

我们不需要它们——我们不需要它们

所以，享受这样的感觉吧，不用想任何事情

享受身体逐渐放松的感觉

This is a luxury that very few people are allowed, to take a little time out of their busy day to just relax and not have to think about anything

So take advantage of it while you can and enjoy the experience

And remember that when you awaken you will feel wonderful all over

Just as though you've had a nice nap, a nice sleep, you will feel truly rested and refreshed

Anytime you do anything like this, it will always be an enjoyable experience

这是一种难得的享受，很少有人，能够从繁忙的生活中抽出一点时间，就只是放松，什么都不想

所以，在你可以这样放松的时候，好好的利用它吧，享受这种感觉

记住，当你醒来的时候，你全身上下都会感觉好极了

就好像你舒舒服服的睡了一会儿，舒舒服服的睡了一觉，你觉得休息的很好，精力充沛

任何时候，当你这样放松时，总会觉得很愉快

Also remember, if you hear any sounds in the room, or any sounds outside of the room, they are only natural noises occurring in the background

They will not bother you or distract you in any way

If you hear anything, it will just fade and become part of the background

And this is very good

也要记住，如果你听到房间里、或外面有任何声音，那只是背景中正常的杂音而已。

这些声音不会干扰你，完全不会让你分心

如果你听到什么声音，那个声音就会慢慢减弱，融入背景之中

这很好

Now I would like for you to imagine a beautiful pyramid composed entirely of white light
A beautiful thing to see
It glows, it sparkles, it shimmers
And I want you to mentally place that white pyramid of light so that it completely encloses your body, even the underneath side of your body, so that you are completely enclosed within the beautiful pyramid of white light
This is your protection
The white light is a very powerful force
It can protect against anything
It will remain around your body the entire time that we do this
Nothing can harm you mentally or physically.
You are protected, you are safe
You know it, you feel it
And it is very, very good

现在，我想让你想象一座美丽的、完全由白色的光所构成的金字塔
一个看得见的美丽东西
亮闪闪的发着光
我想让你沉浸在这座白色的光的金字塔中，让它完全环绕你的身体，甚至包括身体底下这一侧，如此一来，你被美丽的白光构成的金字塔完全包围着
这是你的保护罩
白光是一种非常强大的力量
它可以保护你远离任何伤害
在我们催眠的时候，它一直都会笼罩着你的身体
没有任何东西可以伤害你，不管是精神上还是身体上
你是受保护的，你是安全的
你知道这一点，你感觉得到
这非常、非常好

Now I would like for you to imagine the most beautiful place in the world
What you consider to be the most beautiful place in the world
Where there's no worries and no problems
It may be the forest, it may be the seashore, it may be a meadow.
Whatever you consider to be beautiful and peaceful
Can you find a place like that?
Tell me about it

现在，我想让你想象世界上最美丽的地方
你想出来的是世界上最美丽的地方
那里没有忧愁，没有烦恼
也许是森林，也许是海岸，也许是一座牧场

你想象的那个地方，美丽而安宁
你能找到这样的一个地方吗？
跟我说说这个地方吧

(Get to describe)(sights, sounds, smells, feelings)
No worries in a place like that, it's peaceful and quiet
Where there are no worries and no problems, just peaceful

(开始描述)(看到的，听到的，闻到的，感受到的)
那样的地方没有忧愁，平静而安详
那里没有忧愁，没有烦恼，只有平静

Can you see the sky from where you are?
Look up in the sky and see if you can find a big white fluffy cloud
I'm going to ask you to do something that might sound a little strange
I want you to float up to that cloud and sit on it
Tell me what that would feel like to sit on a cloud. And you don't have to worry,
it will hold your weight just like magic

你能从你的位置看到天空吗？
往天上看，看能不能找到一大片松软的白云
我接下来让你做的事，可能听起来有点奇怪
我想让你飘到白云上，坐在上面
告诉我，坐在白云上的感觉如何。别担心，白云会承载你的重量，就像魔术一样

What would that feel like to sit on a cloud? (Get to describe)
Some people think it feels like cotton or feathers
But it will hold you just like magic
It's very comfortable, isn't it?
Lay back on that cloud and just let it absorb all of your weight
If you want to, you can even wrap the cloud around you like a warm wool
blanket and snuggle down into the cloud
That's such a beautiful, comfortable, safe feeling
It's like you don't have any weight at all
And it's almost as though you don't even have a body as you become one with
that beautiful, soft, comfortable, safe cloud

坐在白云上是什么感觉呢？（开始描述）
有些人觉得白云像是棉花或羽毛
但它会承载着你，好像魔术一样
非常舒服，对吗？

躺在白云上，让它承受你所有的重量
如果你愿意，你甚至可以用白云包裹住自己，就像一个温暖的毛毯，舒舒服服的
依偎在白云中
那种感觉如此美好，如此舒服，如此安全
就像你根本没有一点重量
当你跟那美丽的、柔软的、舒服的、安全的白云变成一体时，那种感觉几乎就像是，你甚至没有一个身体

And this cloud is floating through the air
Carrying you with it
Drifting and floating - Floating and drifting -- protected and safe

这片白云从空中飘过
承载着你
飘飘浮浮——浮浮飘飘——受保护的，安全的

And this cloud floats over the land and over the valleys, over the mountains,
and even out over the ocean if it wants to
Carrying you with it -- Soft and comfortable
Drifting and floating - Floating and drifting
Over the land, over the valleys, protected and safe

这片白云飘过陆地，飘过山谷，飘过山脉，甚至飘过了海洋——如果它愿意的话
承载着你——柔软而舒适
飘飘浮浮——浮浮飘飘
飘过陆地，飘过山谷，受保护的，安全的

And this cloud is like magic because,
Not only can it carry you over the land and over the valleys
It can also carry you back and back and back in time and space
I'm asking the cloud to move and carry you back and back and back in time
and space to another time, another place where there is information we would
like to find to help you in the very best way we can

这片白云就像魔术一样，因为
它不仅可以承载着你飘过陆地，飘过山谷
它也能带你回去，回去，回去，回到时空之中
我正请求白云动起来，带你回去，回去，回去，回到时空之中，来到另一个时间，
另一个地点，那里有我们想要的信息，可以以最好的方式帮助到你

The cloud is moving, it's carrying you back and back and back
We're looking for the most appropriate time and place to stop and look at and examine
The most appropriate time and place to stop and look at and examine

白云正在移动，它承载着你，回去，回去，回去
我们正在搜索最合适的时间和地点，然后停下来，看一看，仔细观察一番
在最合适的时间和地点停下来，看一看，仔细观察一番

Now the cloud is slowing down, it's stopping at the most appropriate time and place
Now that the cloud has stopped at the most appropriate time and place, I want you to drift off of that cloud back down, down, down to the surface
It won't be anything sudden, just be like a leaf drifting gently out of a tree back down to the surface
And as you come back down, I want you to tell me the very first thing that you see down there below you or the very first impressions that you have as you come back down to the surface

现在白云的速度变慢了，它在最合适的时间和地点停了下来
既然白云已经停在了最适合的时间和地点，我想让你慢慢的离开白云，向下，向下，向下到地面上
不是突然掉下来的，而是像一片叶子，缓缓的离开大树，飘落在地面上
当你到达地面的时候，我想让你告诉我，你在下面看到的第一个东西，或者到达地面时的第一印象

Are you coming off of the cloud yet?
What do you see down there below you? What's the first thing you see?

你离开白云了吗？
你在下面看到了什么？你第一眼看到了什么？

PROCEDURE FOR MOVING THROUGH A SIMPLE PAST

LIFE REGRESSION

引导一般性前世回溯的程序

This is only a rough guide for a normal, simple past life regression. Each regression will be different, so the therapist must be flexible to move the client through it. There are no hard and fast rules because you never know where and when the client will come into the scene. But this procedure will cover a great percentage of cases.

这只是一个针对常规、一般的前世回溯的粗略引导。每一次回溯都是不同的，所以治疗师必须灵活变通，带领客户经历前世。没有什么固定的、牢靠的规则，因为你很难预料客户在什么时候以及在哪一点上进入场景。但是这个程序可以涵盖大多数的情况。

When the client comes off the cloud they will be in a past life. Never be in a hurry to move them yet. You must fully orient them into the scene before attempting to get the story of the life.

当客户离开白云时，他们将身处某一个前世之中。然而，绝对不要急于让他们移动（时间）。在尝试获取那一生的故事之前，你必须完全将他们导入情景之中。

Don't be surprised at anything they see or describe. They can come down in any time period or place on Earth. They can also come down on another planet or dimension, even the spirit side, in any form imaginable and unimaginable (even as an animal or plant). Don't try to make their answers conform to your own expectations. Just go with it and ask questions, no matter how outlandish it sounds. The subconscious has a logic that is different and far superior to ours. So wherever it has the client come down there is a plan. Trust it, "they" know what they are doing.

不要对他们看到或描述的任何事情表示惊讶，他们可能进入地球上的任何时间、任何地点，也有可能进入另一个星球或次元，甚至灵界——以任何一种可以想象及不可想象的形式（甚至作为一个动物或植物）。不要试图让他们的答案符合你的预期，只要配合它并提问就好，无论听起来多么稀奇古怪。潜意识的逻辑与我们的不同，远远优于我们的逻辑。所以，无论它让客户在哪里飘落下来，都有它的用意。信任它，“它们”知道自己在做什么。

First I have them describe where they are standing, and what is around

them. If they say it is fuzzy, foggy or unclear, tell them it will clear up as they speak. Keep them talking. After they describe their surroundings, then have them look down at their feet to see what they are wearing. Then have them focus on what they are wearing on their body. This usually gives clues as to their sex. If their clothes are applicable to either sex, then ask them, "Does your body feel male or female?" "Young or old?" "Does the body feel healthy?" These are asked quickly, so they will respond without taking time to analyze. Remember we don't want them to go into the left brain. Then I ask if they are wearing any jewelry or ornaments on their body. Next I ask if they are carrying anything. All these questions will give you clues as to their location and the time period, and their social status.

首先，我让客户描述他们所站的位置，周围有什么。如果他们说，景象模糊、暗淡或看不清，告诉他们，当他们说话的时候，景象会变清晰。让他们继续描述，描述完环境之后，让他们低头看看自己的脚，穿什么样的鞋子。之后，让他们看看自己穿什么衣服，这对于判定他们的性别通常是一个线索。如果衣服比较中性，那么问问他们，“你感觉身体是男性还是女性？”“年轻还是年老？”“身体健康吗？”这些话要快速的问，以便他们可以不假思索的回答。记住，我们不想让他们进入左脑。然后，我问，他们身上是否佩戴任何珠宝或首饰。接下来，我问，他们是否正携带着什么。所有这些问题都会给你线索，知道他们在什么地方，什么时代，他们的社会身份。

Then I want them to go to the place where they live and look at the outside of it. Get them to describe. Then ask how they go inside. Then take them inside and have them describe the interior. One good way to find out if there is anyone else living with them is to have them see themselves eating a meal. Normally the entire family will be present at a meal. You can get further information about time period, location etc. by the food they are eating.

然后，我让他们来到他们住的地方，看看外面的情况。让他们描述一下。然后，问问他们是怎么走进去的，然后让他们进去，并描述里面的情况。找出是否还有其他人跟他们一起生活的一个好方法是，让他们看看自己正在用餐。一般来说，整个家庭会在一起用餐。通过他们吃的食物，你可以进一步了解他们所处的时代、地点等等。

Next have them see what they do for a living. In certain time periods they may not understand the terms "job" or "occupation," so I ask them what they do with the majority of their time. And then see themselves doing it.

接下来，让他们看看自己的谋生方式，在特定时期，他们也许听不懂“工作”或“职业”这样的词汇，所以我问他们，大部分时间都在做什么。然后，看看自己正在做这个事情。

By now we have a pretty good idea of this person. We have the location

and the cast of characters. Now we are ready to go into the story. Otherwise they could spend the entire session describing their day to day life. 90% of the past lives will be dull, boring, mundane. What I call “digging potatoes” lives. This means doing simple ordinary tasks. Even today in our time there are far more people who live ordinary lives, than those who get their names in the newspapers. Even if the life is simple and boring, it contains something that the subconscious wants the client to know. It will be something to explain what is going on in their present life, even though it does not make any sense to the therapist. Follow it through. It will all be explained when you get to the Subconscious part.

迄今为止，我们对这个人已经心里有数了。我们知道他所在的位置，他扮演的角色。现在我们准备进入故事了。否则，他们可能花费整个催眠时间去描述他们日复一日的生活。90%的前世生活是无趣的，乏味的，平淡的，我称之为“挖土豆”的生活。意思是做着简单普通的事情。即使今天，在我们这个时代，过着普普通通生活的人，也远比登上报纸头条的人多得多。尽管生活简单而无聊，它还是包含了潜意识希望客户了解的信息。也许是某些可以解释他们今生生活的事情，即使它对治疗没有任何意义。完整的经历这个过程。当你进入潜意识部分之后，这一切都将得到解释。

I ask them to leave the scene they are been watching, and move them ahead to an important day. Always close one door before opening another. “Now leave that scene and let’s move forward to an important day. A day that you consider to be important when something is happening. We have now moved forward to an important day. What is happening? What do you see?” Let them tell the story and you ask lots of questions to keep it moving. I normally move them to three different important days. If the lifetime is exciting, interesting and something is happening, you may have to move them more than three times to get the entire story. But normally three important days are enough. If they say they do not see anything when they are moved, that everything is dark, then that means they have died and there is nothing else to report. Since it is vitally important to have them go through the death experience, I then move them backwards to the last scene that they saw and reorient them there by asking some more questions.

我让他们离开正在观看的场景，向前移动到重要的一天。通常，在打开另一扇门之前关上一扇门。“现在离开那个场景，让我们向前移动，来到重要的一天。那一天，发生了你认为重要的事情。现在，我们已经向前来到了重要的一天，发生了什么事？你看到了什么？”让他们讲述这个故事，你可以问很多问题来让这个故事继续。我通常让他们进入三个不同的重要日子。如果那一生刺激有趣，有事情发生，你还可以让他们多进入几个，以得到完整的故事。但一般来说，三个重要日子就足够了。如果他们说，移动的时候没看到任何东西，只有黑暗，那么，意味着他们已经死了，没什么可说的。既然经历死亡过程极其重要，我就会让他们向后移动到最后一个场景，问一些问题让他们重新定位。

Then I ask them to go forward to the last day of their life. I tell them they can see it as an observer if they want to. They do not have to experience it. "We have gone forward to the last day of your life in this lifetime we are watching. What is happening? What do you see?" If they are experiencing any physical symptoms I remove this so they can talk about it. "You will not have any physical sensations. You can talk about it." Then you take them through the death experience. I like to speed this process up (after they have described what is happening) by saying, "Now whatever happened has already happened, and you are on the other side of it."

然后我让他们前进到生命的最后一天。我告诉他们，他们可以作为一个观察者看着它——如果他们愿意的话。他们不必体验这一天，“我们向前来到我们所观察的这最后一天的最后一天。发生了什么事？你看到了什么？”如果他们正经历某个身体上的症状，我会解除这个症状，以便他们可以谈论这个症状。“你不会有身体上的感觉，你可以讲讲发生了什么。”然后，你带领他们去经历死亡的过程。我喜欢说“现在该发生的已经发生了，你正处于死亡的另一边。”

From that position you can look back at the entire life and see it from a different perspective." Then I tell them that every life has a lesson, and a purpose. "As you look at the life, what did you learn from it?" Then "What do you think was the purpose of that lifetime?"

从那个位置，你可以从一个不同的视角回顾整个一生，来加速这个过程（在他们描述完发生的事情之后）。然后，我告诉他们，每一生都有一个功课，一个目的。当你看这一生的时候，你从中学到了什么？然后，“你认为，那一生的目的是什么？”

After they have died you can take them to the spirit side, or sometimes they go there spontaneously. You can explore it if you wish. I prefer to go to the subconscious so we can have the therapy, healing and answers to their questions.

死亡之后，你可以带他们来到灵界，或者，有时他们会自己去那里。你可以探索这个领域，如果你愿意的话。我更喜欢前往潜意识，以便我们可以实施治疗，康复，以及得到问题的答案。

Sometimes when you move the person to an important day, they will "leap-frog" into a totally different life. You can usually determine this by asking questions. When this happens it usually means there were no important

days left in that life to explore. Then the therapist has to make a decision. Do you continue with the lifetime they have “jumped” into? Or do you return them to the previous life and take them through the death experience? There is no right or wrong. It just depends on where you think the most information will be obtained.

有时，当你带领这个人来到重要一天的时候，他们会“蛙跳”进入一个完全不同的生活。通常你可以通过问问题来确认这一点。当这种情况发生的时候，通常意味着那一生中沒有别的重要的日子需要探索。然后，治疗师需要做一个决定。你是要继续他们跳进的这一生呢？还是带他们回到之前的一生，带他们经历死亡过程呢？没有对和错，只取决于你认为在哪里会获得最多的信息。

If the lifetime is short and uneventful you may have time to move them to another life. In this case you do not have to return them to the cloud. You ask them to drift and float away from that scene, leaving the person there to continue on their own path. You tell them they can move either forward or backward to find another appropriate time and place. Then after having them float and drift you tell them they are at another time and place and ask what they see. Normally when they come into the second life something is happening, so you don't have to go through the orientation process that was necessary in the first life. You just ask them what is happening and what they are doing. The most lives I will explore in this way are three, and only if they are short. Remember the most important part of this technique is contacting the Subconscious and getting the therapy done. Normally one lifetime will take the entire session, but if it is short you can move them through another. When you get to the Subconscious you will be surprised to find that both or all three will form a pattern that “they” wanted the person to see. Their logic is amazing. They always know what they are doing.

如果那一生短暂而平凡，你还有时间让他们进入另一生。在这种情况下，你不必让他们回到白云中。你可以让他们从那个场景中漂移，浮起来，让那里的人继续过他们的生活。你告诉个案，他们可以向前也可以向后移动，以找出另一个适当的时间和地点。然后，让他们漂浮起来之后，告诉他们，他们正处于另一个时空之中，并问问他们看到了什么。一般来说，当他们进入第二生的时候，正在发生什么事，所以不需要第一次生命所必须的定位过程。只要问问他们发生了什么事，他们在做什么。用这种方式，我最多会探索三次生命，只在这些生命很短的情况下。记住，这个技术最重要的部分是连结潜意识，并进行治疗。一般来说，一次生命就将占据整个催眠过程，但如果生命很短，你可以带领他们前往另

一次生命。当你来到潜意识，你会很惊讶的发现，两次或三次会构成一个模式，这是“它们”想让这个人看到的。它们的逻辑令人吃惊。它们永远知道自己在做什么。

Occasionally the client comes off of the cloud on the day of their death. This can take you by surprise because they may be experiencing a traumatic death suddenly. They may clutch their chest and scream, “I’ve just been shot!” or clutch their throat and exclaim between gasps for air that they are being hung or strangled. The first thing, of course, is to make them comfortable. I tell them they will not experience any physical sensations and they can talk about it and explain what is happening. Never move the person out of the scene because YOU are uncomfortable or startled. The Subconscious took them there for a reason, so you must follow through and find out what that is. Once they are able to speak objectively about the trauma, get them to describe what is happening. Of course, if you come in on the day of their death, it will not do any good to try to move them forward, because the life is over. I have them move backwards so we can find out how they got into this situation. I say, “Let’s move backwards to before this happened, and see what caused it. We are moving backwards now and you are able to tell me about it. You are there now. What is happening? What do you see?” Then progress through the life until you return to the death scene. This is the way you obtain information, and very little orientation is needed because we are already in the story.

偶尔，客户在死亡的那一天从白云上跌落下来，这也许会让你出其不意，因为他们可能正在经历一次突发的创伤性死亡。他们也许捂住胸膛，尖叫，“我中枪了！”或者捂住喉咙，上气不接下气的嘶喊，说他们正在被吊死或绞刑。第一件事，当然，是让他们舒服起来，我告诉他们，他们不会有任何身体上的感觉，他们可以谈谈这件事，说说看是怎么回事。永远不要因为你觉得不舒服而引导个案离开这个场景。潜意识带他们到那里，总是有原因的，所以你必须坚持到底，找出那个原因。一旦他们能够客观地谈论这个创伤，让他们描述一下发生的事情。当然，如果你们进入了他们死亡的那一天，试图让他们向前移动是没有任何用处的，因为生命已经结束了。我会让他们向后移动，这样我们就可以发现，他们是怎样进入这个情况的。我说，“让我们向后移动，来到这件事发生之前，看看是什么引起的。现在，我们正向后移动，你可以告诉我是怎么回事。你现在已经在那了。发生了什么事情？你看到了什么？”然后经历那些生活，直到你们回到死亡的场景。这是你获得信息的方式，只需要极少的引导，因为我们已经在故事中了。

Remember your most important role is that of the insistent questioner.

The questions are extremely important, and you must keep them coming. Also they must be asked in the right way to get the answers. This will come with practice.

记住你最重要的角色是不间断的提问。问题是相当重要的，你必须保证不间断的提问。这些问题也必须以正确的方式来问，才能得到答案。这一点需要练习。

SUBCONSCIOUS

潜意识

May I speak to _____'s subconscious please?

请问，我可以对_____（个案名字）的潜意识说话吗？

I have permission to speak to _____'s subconscious?

允许我对_____（个案名字）的潜意识说话吗？

I respect the power of the subconscious, because I know the subconscious takes care of _____'s body and does a very good job of it. I also know that the subconscious has the records of everything that has ever happened to _____ in this lifetime and all the other lifetimes he/she has ever lived. So I respect the power of the subconscious and I always ask for permission to speak to it and ask questions. Do I have permission to ask questions?

我敬重潜意识的力量，因为我知道，潜意识照顾_____（个案名字）的身体，并做得很好。我也知道，潜意识记录着_____（个案名字）这一生和前世发生的一切。所以，我敬重潜意识的力量，我只在潜意识的允许之下，同它讲话，提出问题。我可以提问了吗？

I know the subconscious could have brought forth many different lifetimes for _____ to see today. You chose to bring forward this life for her to see. Why did you pick that lifetime?

我知道，今天，潜意识可以为_____（个案名字）带来很多不同的前世，让_____（个案名字）观看。你为_____（个案名字）选择了这一世，你为什么挑出这一世呢？

INSERTING THE KEYWORD

嵌入关键词

(The keyword is inserted just before the client is counted out of trance. At this time they are still in a highly suggestible state. I always allow the client to choose the word [or preferably two words], instead of me giving them the word.)

（关键词，只是在客户离开了出神状态之后才会用到。这时，他们仍然处于一种高度容易接受暗示的状态。我总是让客户选择一个字（或两个字），而不是

我来给他们关键词。)

Would you like to do this again? (Yes) Then will you give me a word or two words that I might say to you in order to make it easier to enter this beautiful, peaceful state of relaxation? The words may be anything that you choose.

你还想再次催眠吗? (是的) 那么, 给我一两个字, 我会用这样的字让你更容易进入这种美丽而平和的放松状态。可以是你选择的任何字。

(If the client can't think of any words I have two that I use: Blue Rose. For this example I will use those words.)

(如果客户实在想不出什么, 我就用一个我所用的词: 蓝玫瑰。此处的案例中我都会使用这个词。)

Are those the words you want me to use? (Yes) Then, with your permission and only with your permission, each and every time I say those words to you: "Blue Rose", you will go immediately into this beautiful, peaceful state of relaxation, even deeper than you are now. And we will journey together to find the answers to many things. Nothing will ever be done without your permission. You are always in control and I am only the guide to take you through these many things. (Repeat the words several times.)

你想让我使用这个词, 是吗? (是的) 那么, 在你的允许下, 并且也只是在你的允许下, 每当我对你说这个词的时候: "蓝玫瑰", 你就会立即进入这种美丽而平和的放松状态, 甚至比现在的状态还要更深沉。我们将一同旅行, 找出很多事情的答案。一切都会在你的允许之下进行。你一直都会控制局面, 我只是引导一下, 让你经历这些的事件。(重复几次关键词)

(The next time you work with the client, after you have them lying on the bed and are ready to begin, say:)

(下一次你给客户催眠时, 当你让他们躺在床上, 准备开始之后, 说:)

Are you willing and you want to go? (Yes) Then with your permission and only with your permission I will say the words you gave me to say to you to help you to enter a beautiful, peaceful state of relaxation. "Blue Rose." (Repeat the words several times and watch the body signs to see when they reach the proper state.) Remember, the words are like magic: Blue Rose, Blue Rose. Etc. Etc.

你愿意吗? 你想去吗? (是的) 那么, 在你的允许下, 并且只有在你的允许下, 我会说出你给我的那个词, 帮你进入一个美丽而平和的放松状态。"蓝玫瑰"

(重复几次，观察身体的反映，看客户什么时候达到适当的状态。) 记住，这个词就像有魔法一般：蓝玫瑰，蓝玫瑰，等等，等等)

(When you see the client has reached the proper level of trance, then place the white light of protection around them. Then you are ready to begin or continue any work you want to pursue. No more of the induction is necessary.)

(当你看到，客户已经达到了适当的出神程度，然后用保护性的白光环绕着他们。然后你准备开始，或继续进行某个步骤，不再需要进一步的引导了)

BRINGING OUT

回到当下

Now I am asking the subconscious to recede to where it belongs with much love and much thanks for the help and information it has been giving - _____ today. I know she is really going to appreciate it. And I want the entity (entities) from the other life (lives) that we were speaking with to also recede into the past to the time where they belong. With much love and much thanks for the information they have given us. And remember the things you were watching are from the past, they belong in the past and we leave them in the past. We only bring them forward as a curiosity to learn from, to have information from to help apply to the present lifetime. In that way they are valuable and have importance. But as _____ listens to the tape, goes over the material and puts it into place, it will not bother her in any way mentally or physically. That is very important. It will not bother her in any way mentally or physically.

现在，因为潜意识的帮助，以及它今天给_____ (个案名字) 看到的信息，我怀着深深的爱和感激请求潜意识退回适合的地方。我知道，她真的会对此深深感激。并且，我请求我们所交谈的其他前世的的存在体 (或存在体们) 也退回到属于他们的时间。对于他们给予的信息，我怀着深深的爱和感激。记住，你从前世看到的事情属于过去，我们把这些事情留在过去。我们引导个案回到前世，只是作为一个好奇者从中学习，得到信息，以帮助个案今生的生活。用这样的方式，这些资料是有价值、有意义的。但是当_____ (个案名字) 听录音带，重温这些资料，然后将其归位的时候，无论如何，这在心理上 and 身体上都不会困扰到他们。那是非常重要的。她不会在心理上或身体上受到任何困扰。

Now I want the all the consciousness and personality of _____ to once again return and fully integrate back into this body completely. Now all of the consciousness and personality of _____ is once again fully integrated back into this body, replacing all the other parts we were speaking to.

Now I want _____ to move up, up, up through time and space and orient yourself back to the present day and time. This is (date). You are lying here on the bed in the building (wherever) and you just had a very interesting experience. And I want you to remember that the present life you are living now is the most important life of all, because it is the one you are focused on at the present time. Any information we can find in this way is valuable, but it will not bother you in any way, mentally or physically, as you understand it and put it into place. That is very important. It will not bother you in any way.

现在，我请求_____（个案名字）所有的意识和人格再次归位，完完全全的回归到这个身体之中。现在，_____（个案名字）所有的意识和人格再一次完全回归到这个身体之中，取代我们交谈的其他部分。现在，我请求_____（个案名字）在时空之中移动，移动，移动，回到现在的时间。今天是_____（日期）。你在这个房间里（无论哪里）躺在床上，刚刚经历了一次非常有趣的经历。我希望你记住，今生的生活是最重要的，因为目前，你（意识）的焦点集中在这一生。我们用这种方式发现的任何信息都是有价值的。当你理解了这些信息，并将其归位的时候，它不会以任何方式打扰到你，无论是心理上还是身体上。那很重要，它不会以任何方式打扰到你。

Now in a moment I'm going to count to ten. And on the count of ten you'll be wide awake feeling wonderful all over. As though you've had a nice nap, a nice sleep. You will feel truly rested and refreshed. Any time you do this it will always be an enjoyable experience.

现在，我将从 1 数到 10。数到 10 的时候你会完全苏醒，浑身上下都感觉到舒服，就像你美美的睡了一会儿，美美的睡了一觉。你休息的很好，精力充沛。任何时候当你这样做，总是很愉快的。

Now follow me up as we go and on the count of ten you'll be wide awake feeling just wonderful all over.

现在，请跟随我，当我数到 10 的时候，你会完全清醒，全身上下感觉非常舒服。

1, 2, You're beginning to breathe a little faster, your blood is beginning to circulate a little faster because you're beginning to wake up now.

1, 2, 你的呼吸快了一些，你的血液循环也加快了，因为现在你开始苏醒。

3,4, Becoming aware of the physical body. Very much aware of the physical body. You can move the arms and legs around to get the muscles working and the blood circulating, because it gets tiring laying in one position like that. We're getting everything moving again because you're very much aware of the physical body because you're beginning to wake up now.

3, 4, 觉知到你的身体。非常清楚的觉知到你的身体。你可以活动一下手臂和腿，让肌肉动起来，让血液开始循环，因为躺在这样的地方会很累。我们让一切

都再次动起来吧，因为你非常清楚的觉知到你的身体，因为你开始苏醒了。

5, 6, Becoming aware of the sounds in the room. The sounds outside of the room. Very much aware of your physical surroundings. You're oriented back here in this time and this place. And you're beginning to wake up now.

5, 6, 觉察到房间里的声音。房间外面的声音，非常清楚地觉察到你周边的环境。你回到了现在的时间，现在的地点。现在你开始苏醒了。

7,8, You're coming up very nicely now, very nicely.

7, 8, 现在你越来越清醒，越来越清醒。

9,10, Wide awake. Wide awake. Feeling wonderful all over.

9, 10, 完全清醒了。完全清醒了。全身上下都很舒服。

Code of Professional Ethics for Hypnotherapist

催眠治疗师职业道德守则

All Hypnotherapists shall assist in maintaining the integrity and competence of the Hypnosis Profession by agreeing to abide by the following code of professional ethics.

经由同意遵守以下职业道德守则，所有的催眠治疗师都应当维护催眠师职业的正直诚实和工作能力。

1. Therapists shall conduct sessions at all times in a professional manner within a professional setting.
无论何时，治疗师都应当在专业的环境下，以专业的方式实施催眠。
2. Therapists shall obey all federal, state and local laws and regulations concerning the practice of hypnotherapy.
治疗师应当遵守所有联邦、州及地方性的有关催眠治疗的法律法规。
3. All matters between the Therapist and Client/Patient shall be confidential. No third party shall have access to information given to the Therapist by the Client/Patient. Exceptions: a) When the Client/Patient has granted permission in writing to divulge private information; b) Where life is at risk by withholding private information; or c) By force of law.
治疗师和客户/患者之间的所有事宜，都应当谨守保密原则。任何第三方不得获取、使用治疗师从客户/患者处得到的信息内容，除了 a) 客户/患者以书面形式允许透露其私人信息；b) 隐瞒私人信息会使其处于危险之中；c) 迫于法律。
4. Sexual activity shall not occur between a Therapist and a Client/Patient during the complete course of therapy from the Therapist and for a period of at least 2 years after the professional relationship has ended.
治疗师和客户/患者之间，在整个治疗期间、以及治疗结束之后的两年内，不应当发生性行为。
5. The Therapist shall have a responsible attitude in retaining the good name of therapists by attention to personal conduct.
治疗师应当具备责任感，端正个人品行，维护催眠师的良好声誉。
6. The Therapist shall keep up-to-date with material and innovation in their field of interest.
治疗师在自己的专业领域内，应当与时俱进，了解最新的资讯与方法。
7. Prior to entering into any professional relationship, the Therapist shall

disclose to the Client/Patient the nature of the therapy, the purpose of the therapy, the anticipated length of the therapy and potential cost of the therapy. No service will be provided until an informed consent is secured from the client.

开始任何一段治疗关系之前，治疗师应当告知客户/患者，治疗的性质、目的，预计的时间长度，潜在的治疗费用。

8. If during the course of a session, information is disclosed that would suggest that a referral or consultation with other professionals would be appropriate, the session shall be terminated and the referral or consultation shall be made if requested by the Client/Patient.

如果催眠期间出现的信息表明：转诊或咨询其他专业人士比较合适，那么，应当停止催眠，并按照客户的要求进行转诊或咨询其他专业人士。

9. If a Therapist is working by referral from another professional, the therapist shall only perform such services as are specified in the referral, and shall terminate the relationship after such services are provided.

如果一个治疗师诊治的是从别处转诊来的个案，那么，治疗师应当只处理转诊所要求的部分，并且，在提供完此项服务之后，终止这段关系。

10. A Therapist shall terminate his/her relationship with a Client/Patient when the Client can no longer benefit from continued service and shall not provide service if the therapist does not have a good faith belief that the Client/Patient will benefit from the services provided.

如果客户/患者难以从后续的服务中获益，治疗师应当终止这段关系；如果不是真诚的相信“客户将从中获益”，治疗师不应当提供自己的服务。

Adapted from the American Board of Hypnotherapy Code of Professional Ethics for Hypnosis/NLP.

改编自美国催眠治疗学会“催眠/NLP 职业道德守则”